

# Full Body Workout with Bands

Resistance bands are great for any type of strength training exercise. Because the bands come in a variety of resistances, they are adaptable for different fitness levels. Resistance bands are inexpensive, easy to store, easy to use alone, portable, and most of all, effective in strengthening our whole body. Grab a band from any fitness or department store and get moving with these 11 strengthening exercises!

## Front Squats

Step on the middle of band with your two feet, slightly wider than shoulder width. Bring the ends of the band to shoulder height. Pretend to sit on an invisible chair; chest is up, abs are tight, and your knees should be behind your toes. Slowly return back to start position.



## Seated Row

Sit down on the floor with your legs extended. Place the center of the band behind the soles of your feet and grab the ends. Sit as straight as possible and bend your elbows to pull the band towards your body as if you are rowing. Squeeze between your shoulder blades. Slowly return to start position.



## Abduction

Secure one end of the band to a support at ankle height. Wrap the other end around the leg that is furthest to the support. Create a wide stance, and sweep the leg with the band attachment (keeping your knee straight) to the side, away from the support. Squeeze your thighs and keep your hips level. Slowly return back to starting position.



# Full Body Workout with Bands

## Adduction

Secure one end of the band to a support at ankle height. Wrap the other end around the leg that is closest to the support. Create a wide stance, and sweep the leg with the band attachment (keeping your knee straight) across your body, past your standing leg. Squeeze your thighs and keep your hips level. Slowly return back to starting position.



## Pull Apart

Stand with your knees slightly bent and shoulder width apart. Grab the middle section of the resistance band in each hand and hold it at chest level with palms facing down. Spread your arms out to your side while keeping your arms straight. Squeeze between your shoulder blades. Slowly return back to starting position.



## Lat Pull Down

Secure the middle of the band to an attachment point that is above your head. Stand or kneel in front of the attachment point and grab each end of the band. With arms extended overhead, pull the band down towards the floor, while contracting your back muscles. Once your hands reach your shoulders, slowly return to starting position.



## Chest Fly

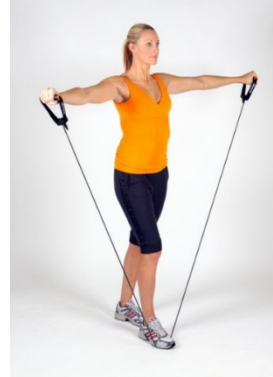
Secure the band about shoulder height on a support. Face away from the support and hold the ends with each hand, chest open, elbows bent, at shoulder height. Press the band in front of you until your arms are fully extended. Squeeze the chest muscles. Slowly return back to starting position.



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## Lateral Raise

Use one foot to step on the center of the band. Hold each end of the resistance band beside you, palms facing inward. Raise your arms beside you to shoulder level while having a slight bent in your elbows. Slowly return back to starting position.



## Rear Deltoid Fly

Step on the band with your two feet. Bend your knees and bend forward. Cross over the ends and then hold the ends with each hand, starting with your arms fully extended, palms facing inward. Raise your arms straight up to your sides, until they reach shoulder level. Slowly return back to starting position.



## Bicep Curl

With your feet standing shoulder width apart, step on the center of the band. Grab each end and have your palms in front of you, facing away from you. Pull your arms towards your shoulder by bending your elbow. Your palms should now be facing you. Slowly return back to starting position.



## Tricep Overhead Extension

Sit on the centre of the band, on a chair. Grab each end and stretch your arms up, bending your elbows, so your hands are positioned behind your neck. With your palms towards the ceiling, press your arms straight up until they fully extend. Slowly return back to starting position.

