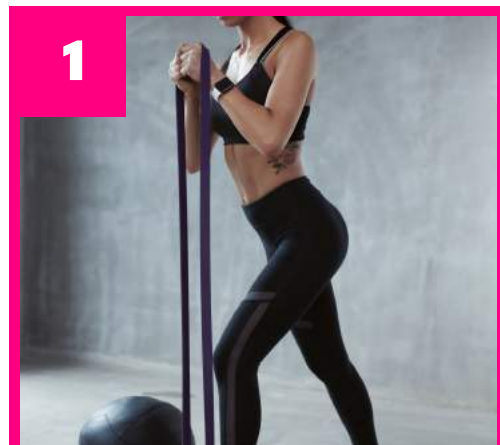
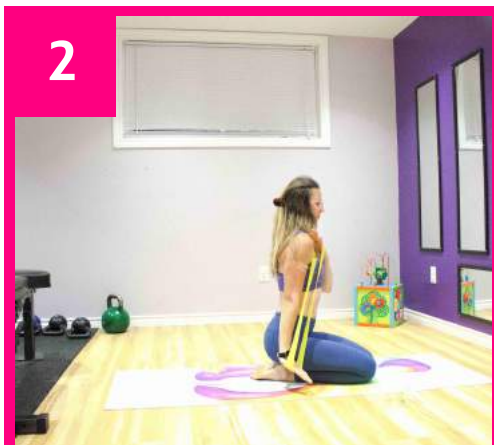


RESISTANCE BAND EXERCISES

ARMS



1
BICEP
CURL



2
PRESS
DOWN



3
SINGLE
ARM CURL



4
OVERHEAD
EXTENSION

CHEST, BACK & SHOULDERS



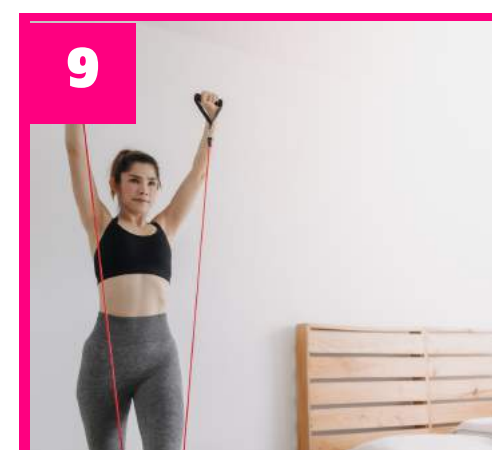
6
OVERHEAD
PULL APARTS



7
BAND
ROW



8
FLOOR
PRESS



9
OVERHEAD
RAISE



10
LATERAL
RAISE

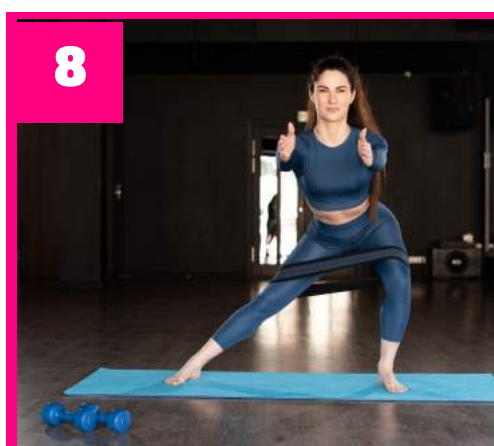
GLUTES & HAMSTRINGS



6
GLUTE
BRIDGE



7
HIP
EXTENSION



8
SIDE
LUNGES



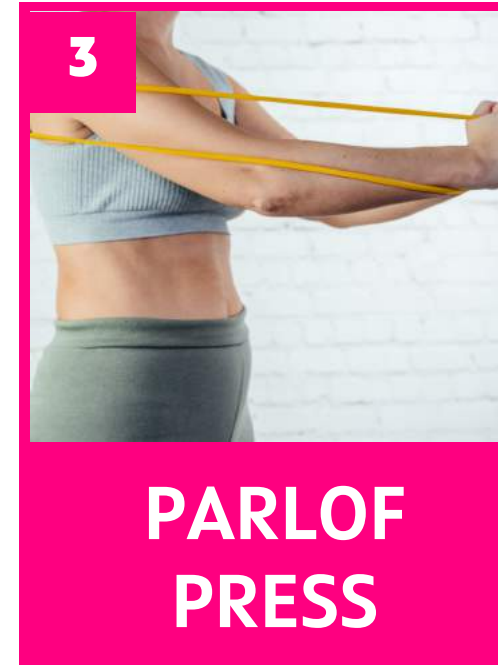
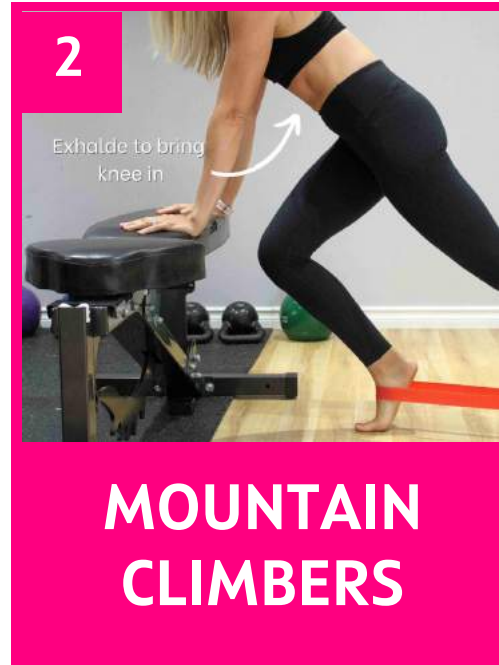
9
BAND
DEADLIFT



10
BANDED
ABDUCTIONS



CORE



QUADS

