

Resistance Band Workout

Here is a quick and effective workout that you can do in the comfort of your own home...all you need is a resistance band!

Arms

Tricep Extensions

Start with the resistance band held in both hands and tied securely at waist height or higher (make sure what you tie it to is secure). Your elbows should be bent. Keeping your back straight, slowly straighten your elbow against the band, making sure you are using the muscles at the back of your arms.

Perform 3 sets of 15 repetitions.

TIP:

You have the option of standing or kneeling

Make sure that you keep your core strong throughout the whole movement –as we get tired we tend to bend our whole body and strain our back muscles.



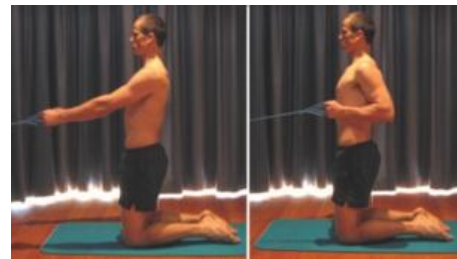
Rows/Pullbacks

Start either standing or kneeling with your back straight and holding your resistance band as shown below. Slowly pull your arms backwards, squeezing your shoulder blades together, keeping your elbows close to your body. Hold for 2 seconds and return to the start position.

Perform 3 sets of 15 repetitions.

TIP:

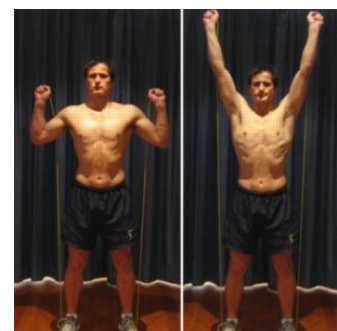
Make sure you keep your shoulders relaxed throughout the movement.



Shoulder Press

Start with the resistance band under your feet, holding an end in each hand. Bring your hand up to your shoulders and from there straighten your elbows, pushing your hands above your body, keeping your back straight throughout the movement.

Perform 3 sets of 15 repetitions.



Chest Press

Sitting in a chair, place the resistance band around the back of the chair and hold the ends as shown in the picture. Slowly straighten your elbows, pushing your fists in front of your body and keeping your back straight and away from the chair. Hold for 2 seconds and return your elbows back to until your elbows are in line with your shoulders and repeat.

Perform 3 sets of 15 repetitions.



Legs

Butt Blasts

Starting on your hands and knees, shoulder-width apart, wrap the resistance band around your left foot. Hold the other ends of the band in each hand and begin by bending and flexing your foot while extending the right leg straight back, squeezing your butt muscles, hold then return to starting position.



Perform 3 sets of 15 repetitions each leg.

TIP:

Try to keep your hips neutral during this exercise; we have a tendency to tilt when extending our legs. Keep your core tight throughout the exercise.

Hip Abduction

Start by lying on your side and tying the resistance band around your legs just above your knees. Slowly lift your outside leg towards the ceiling, making sure you don't twist your hips. Hold for 2 seconds then return to starting position and repeat.



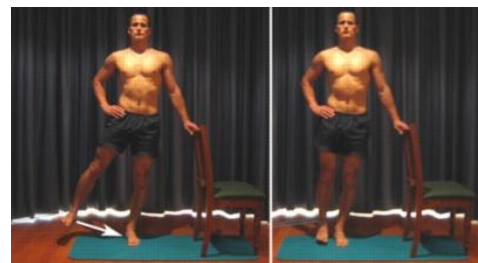
Perform 3 sets of 15 repetitions each leg.

TIP:

Keep a hand just in front of your stomach for balance – this is how you can track that your hips are not rocking.

Hip Adduction

Start in the same position as the hip abduction exercise, however bring your top leg over your lower leg and place foot in front of your knee. Slowly raise your lower leg up as far as you can, hold for 2 seconds then lower and repeat.



Perform 3 sets of 15 repetitions each leg.



Hamstring Curls

Start by lying on your stomach with the resistance band tied around your ankle and secure the other end to something solid. Slowly bend your knee, lifting your foot towards the ceiling and tighten the back of your thigh. Hold 2 seconds then return to starting position.



Perform 3 sets of 15 repetitions each leg.

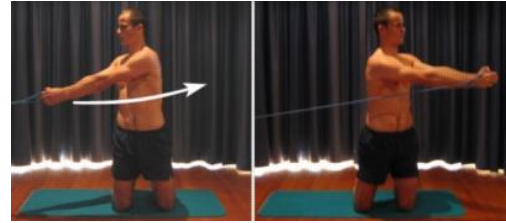
TIP:

Keep core strong throughout the exercise to get a more intense workout.

Tummy

Resistance Twists

Start either standing or kneeling, tie the resistance band around something solid (at waist height), holding the other ends in your hands and keeping your back straight. Slowly rotate your body keeping your arms and back straight.



Perform 3 sets of 15 repetitions each side.

TIP:

Keep your core tight throughout the exercise and try not to bend your body.

Reverse Crunches

Start with the resistance band looped over something above you and place band ends in each hand. Kneeling down (make a pad for your knees), hold your hands next to your ears and bend your body forward towards the floor, bracing your abs. Hold for 2 seconds then return to starting position and repeat.



Perform 3 sets of 15 repetitions.

Single Leg Drops

Lying on your back, loop your band around your left foot and hold the loose ends in your hand. Lifting both legs in the air and place your hand with the elastic on your ribcage. Slowly lower your left foot towards the ground using the band to support the leg, making sure you stop before your hips and back lift off the ground. Hold for 2 seconds and return to starting position and repeat.



Perform 3 sets of 15 repetitions each leg.

Reverse Curls

Stay lying on your back from the single leg drop and place resistance band under both feet. Lift your legs up to a 90° angle, holding the other end of the elastic to your ribcage. Curl your legs into your body and then straighten legs out past 90°, making sure that your back and hips stay connected to the ground.



Perform 3 sets of 15 repetitions.