

Resistance band strength exercises

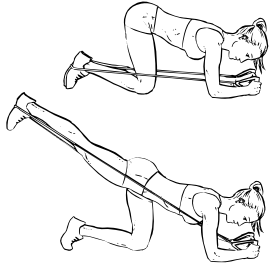
1 min · Arms, Back, Legs, Shoulders



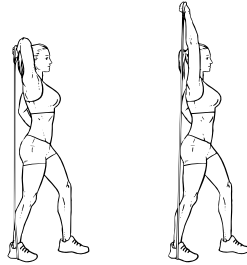
Kata P.

10 reps for 3 round

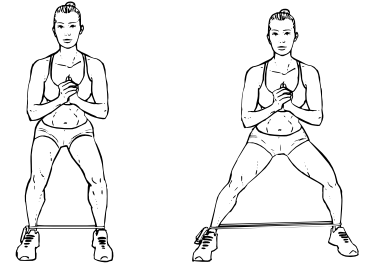
Resistance Band Glute Kickbacks



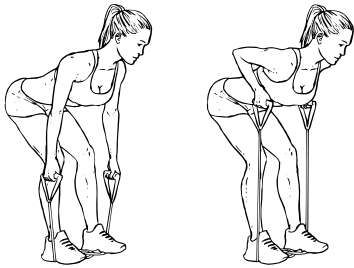
Resistance Band Tricep Overhead Extensions



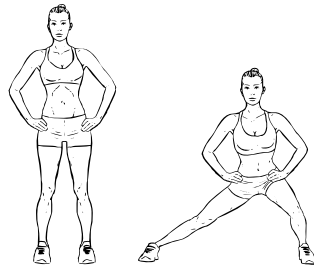
Resistance Band Side Steps



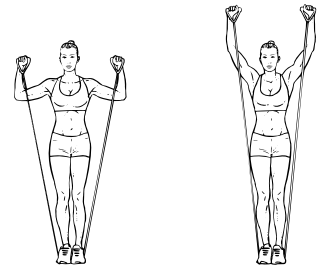
Resistance Band Bent Over Rows



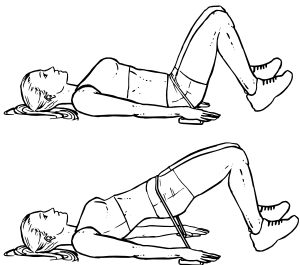
Lateral Lunges



Resistance Band Standing Shoulder Press



Resistance Band Glute Bridges



Resistance Band Glute Kickbacks

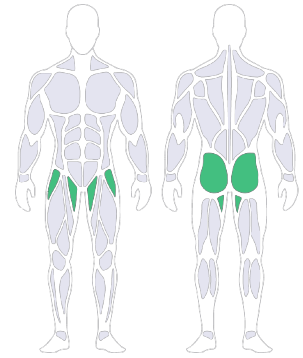
Primary muscle group(s):

Glutes & Hip Flexors

Position yourself on the ground supporting yourself on your hands and knees. Hold the handles of a resistance band in each hand. Hook the middle of the band on your left foot, pushing it back until the slack tightens.

Brace your core and maintain a flat back as you kick your left leg back and up.

Slowly return your leg to the starting position, not allowing the knee to touch the ground. Repeat the movement.



Resistance Band Tricep Overhead Extensions

Primary muscle group(s):

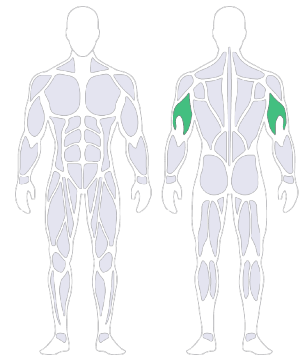
Triceps

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Push the handles of the band overhead while keeping a slight bend in the elbow. Brace your abdominals and do not arch your back.

Slowly lower your hands behind your head using only the forearms. The upper arms will stay in place with the elbow pointed up.

Push the handles back up, focusing the tension in the triceps.



Resistance Band Side Steps

Primary muscle group(s):

Glutes & Hip Flexors

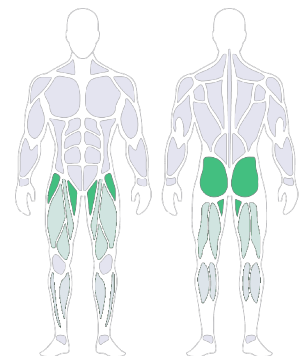
Secondary:

Calves, Hamstrings, Quadriceps

Step inside of a tied resistance band. Separate your feet to shoulder-width. Place a slight bend in the knees while you keep your chest up.

Slowly step to the side with the right foot. Your stance should be well outside of shoulder-width.

Pause then step with the left foot in the same direction as the right. Keep stepping out with the right until the set is complete then switch sides.



Resistance Band Bent Over Rows

Primary muscle group(s):

Middle Back / Lats

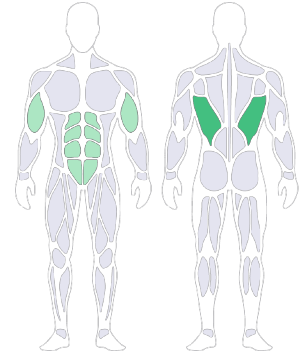
Secondary:

Abs, Biceps

Begin the movement by stepping on to a resistance band with your feet at shoulder-width, toes pointed slightly out.

Bend slightly at the knees and forward at the hips. Maintain a braced core and flat back throughout.

Leading with your elbows, pull the handles of the resistance band back, bringing your shoulder blades closer together. Hold this contraction and slowly release to the starting position.



Bodyweight Side Steps / Lateral Lunges

Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings, Quadriceps

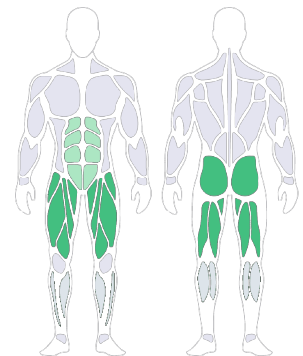
Secondary:

Abs, Calves

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance.

Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.



Resistance Band Standing Shoulder Press / Overhead Press

Primary muscle group(s):

Shoulders

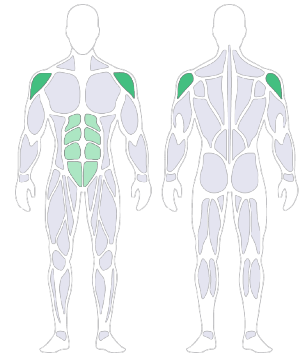
Secondary:

Abs

Place your left foot onto the middle of a resistance band. Step forward with the right. Tighten your abdominals and avoid arching your back.

Press the handles of the resistance band up and stop once your upper arms are parallel with the ground, making a scarecrow formation. The band should be behind your arms.

Slowly press the resistance band overhead. Do not lock out the elbows. Lower to the starting position and begin again.



Resistance Band Glute Bridges

Primary muscle group(s):

Glutes & Hip Flexors, Lower Back

Secondary:

Quadriceps

Lay down on an exercise mat with your feet flat on the floor and your knees pointing upwards bent at a 90 degree angle.

Place a resistance band across your hips and pin it down to the ground using your hands at either side.

Raise your hips upwards until a straight line is formed from your knees to your shoulders.

Hold this extended position for 1 second before slowly lowering your hips down to the starting position.

! Do not perform if you suffer from hypertension.

