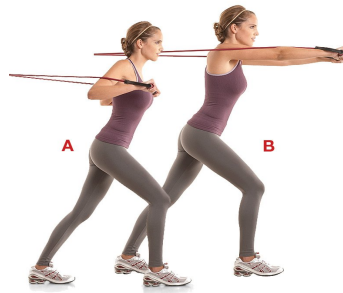


Resistance bands adapt easily for multiple fitness levels, add variety to your workouts, easy to exercise on the road and save on storage space. Perform 2-3 sets of each exercise below for 12-15 repetitions for a total body effective workout.



Back row



Chest press



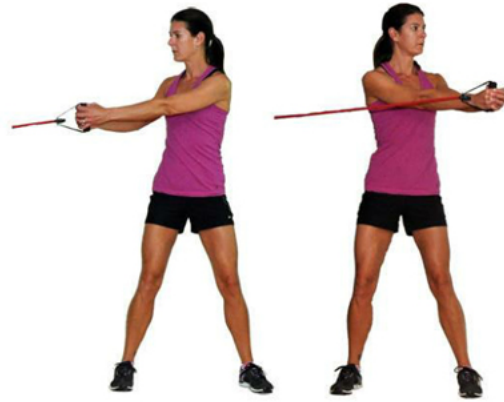
Band walks



Bicep curls



Squats



Rotations



Tricep kickbacks



Stationary lunge



Shoulder press



Lateral raise