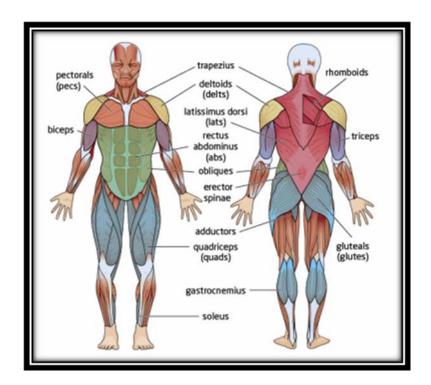
FULL BODY RESISTANCE BANDS

PRESCRIPTION: 3 SETS X 12-15 REPETITIONS X 15-30 SECOND REST

ESTIMATE TIME: 30 MINUTES



Picture found at: http://www.what-is-fitness.com



Resistance Bands

Goal: Improve balance and get full body workout

Workout Volume: 3 sets X 12-15 repetitions X 15-30 second rest

Warm-up:

- 1. Jog 2 minutes on the track or treadmill. Jog at a moderate pace. You should be able to hold a conversation with someone.
- 2. Perform some dynamic movements of the body: full range of motion in hips, knees, ankles, shoulders and wrists. Do not hold any stretches as it could hinder performance and cause injury.

Workout:

*** Green = light resistance. Red = medium resistance. Blue= heavy resistance.

- 1. Squats: 3 sets X 12-15 repetitions X 15-30 second rest
 - a. Hold the resistance tubing handles, one in each hand. Step both feet onto the resistance band. In the starting position, your feet should be shoulder-width apart. Keep the tubing handles close to your shoulders. When ready, flex your hips and push back like you are sitting on a chair. Once you hit the bottom, slowly begin to extend you knees and straighten your body to the original starting position. Perform 12-15 repetitions with 15-30 second rest between sets.



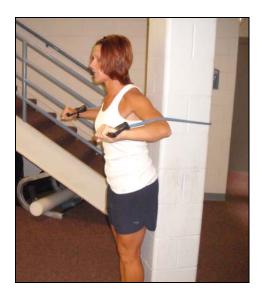


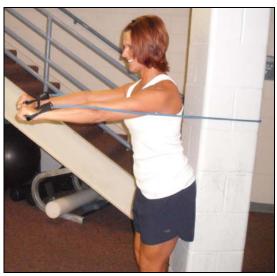


End Position: Front and Profile View

2. Standing Chest Press: <u>3 sets X 12-15 repetitions X 15-30 second rest</u>

a. Wrap the tubing around a sturdy object like a stair railing or a pillar near the racquetball courts. Stand with your feet shoulder-width apart and your back facing the pillar. Grip the handles and hold them chest height near your arm pits. When you are ready, push your hands away from your body extending your arms straight in front of you. Do not lock your elbows in this position. Slowly bring your hands back toward your chest. Remember to keep your abdominals contracted through the entire movement to provide stability to your back. Perform 12-15 repetitions with 15-30 second rest between sets.





3. Static Lunge: 3 sets X 12-15 repetitions X 15-30 second rest

a. Place the tubing under one foot. Then with the opposite foot step back into a lunge position with the tube under the front foot. Grip the handles and hold them at chest or shoulder height. The further you hold them from the foot, the more resistance that will be applied. When you are ready, contract your abdominals and lower yourself down, keeping your weight centered between your feet. Before your knee hits the ground stand back up. Perform 12-15 repetitions with 15-30 second rest between sets.





4. Bicep Curl: 3 sets X 12-15 repetitions X 15-30 second rest

a. Hold the resistance tubing handles, one in each hand. Step both feet onto the resistance band. In the starting position, your feet should be shoulder-width apart with both feet on the tubing. Grip the handles with an underhand grip and arms fully extended with your hands by your hips. Keep your abdominals contracted throughout this exercise. When ready, bend your elbows to bring the handles close to your shoulders. Stop 2-3 inches from your shoulders before slowly extending your elbows to return to the starting position. Perform 12-15 repetitions with 15-30 second rest between sets.





5. Bun Blaster: 3 sets X 12-15 repetitions X 15-30 second rest

a. Begin by getting on your hands and knees with the handles in each hand and wrapping the band around one foot. Contract your abdominals for support and then begin moving the foot with the band around it back and up so that it is straight behind you and in line with your buttocks and back. During the entire movement contract your glutes. Perform 12-15 repetitions each leg with 15-30 second rest between sets.





6. Standing Row: 3 sets X 12-15 repetitions X 15-30 second rest

a. Wrap the tubing around a sturdy object like a stair railing or a pillar near the racquetball courts. Face the anchor point of the tubing and grip each handle with the corresponding hand with an overhand grip. Position your body so that your arms are almost fully extended straight in front of you and so that there is tension on the resistance band. When ready, bend your elbows and contract your shoulder blades to pull the tubing handles toward your chest. Keep your abdominals and lower back braced throughout this exercise. Slowly begin extending your elbows to return to your starting position. Perform 12-15 repetitions with 15-30 second rest between sets.





- 7. Standing Triceps Extension: 3 sets X 12-15 repetitions X 15-30 second rest
 - a. Put the handle in one hand with your palm facing away and near your shoulder. Then put the other hand behind your back and hold onto the tubing. Make sure your abdominals are contracted during the entire movement so they can support your posture and spine. When you are ready, push your hand toward the ceiling extending your arm. Be sure not to lock your elbows at the top. Lower your hands to starting position. Perform 12-15 repetitions with 15-30 second rest between sets.





- 8. Standing Shoulder Press: <u>3 sets X 12-15 repetitions X 15-30 second rest</u>
 - a. Stand on the tubing with either one foot. Grip the handles with an overhand grip and bring the tubing to shoulder level. To start, be sure you contract your abdominals to help support the spine. By contracting your shoulder muscles, push your hands to the ceiling straightening your elbow at the top. Do not lock your elbows. Under control lower your hands back down to shoulder level. Perform 12-15 repetitions with 15-30 second rest between sets.





Cool Down:

- 1. Great job! You did it! Now take a few laps around the track, either jogging or walking.
- 2. Stretch. Focus on your shoulders, biceps, upper and lower back, quads and inner thighs. Hold each stretch for 10-30 seconds.

Resistance Bands			
Exercises	Set 1	set 2	set 3
Squats			
Standing Chest Press			
Static Lunge			
Bicep Curl			
Bun Blaster			
Standing Row			
Standing Tri-Extension			
Standing Shoulder Press			

Resistance Bands			
Notes:			

Resistance Bands			
Exercises	Set 1	set 2	set 3
Squats			
Standing Chest Press			
Static Lunge			
Bicep Curl			
Bun Blaster			
Standing Row			
Standing Tri-Extension			
Standing Shoulder Press			

Resistance Bands			
Notes:			

Resistance Bands			
Exercises	Set 1	set 2	set 3
Squats	-	_	-
Standing Chest Press			
Static Lunge			
Bicep Curl			
Bun Blaster			
Standing Row			
Standing Tri-Extension			
Standing Shoulder Press			

Resistance Bands		
Notes:		