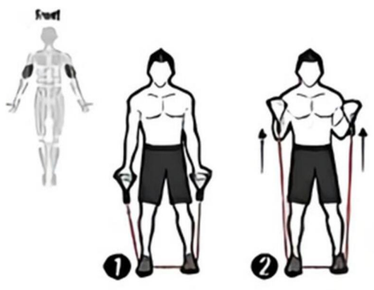
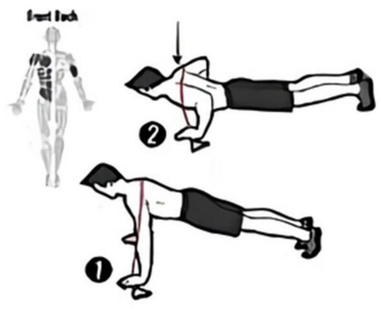
RESISTANCE BAND WORKOUTS

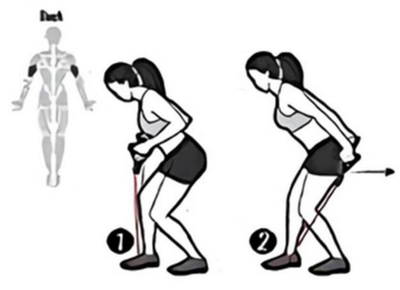
UPPER BODY



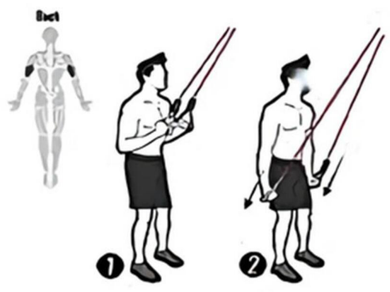
Bicep Curl



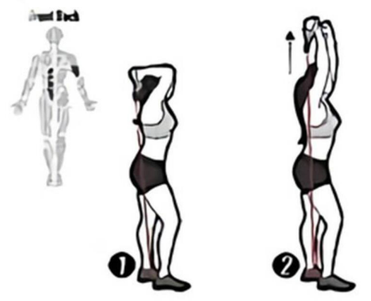
Push-Up



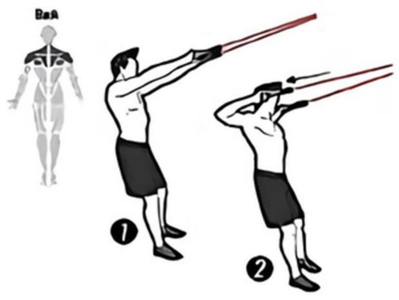
Tricep Kickback



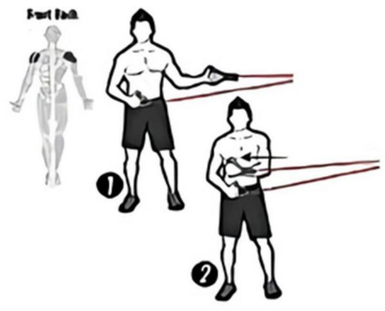
Tricep Pushdown



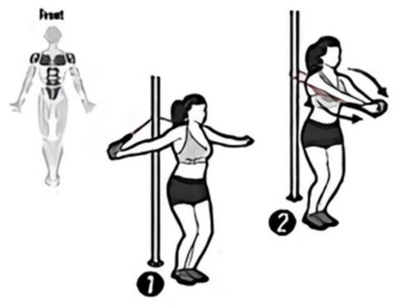
Tricep Extension



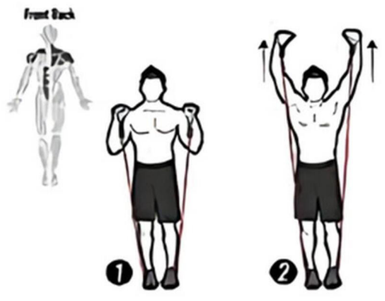
Face Pull



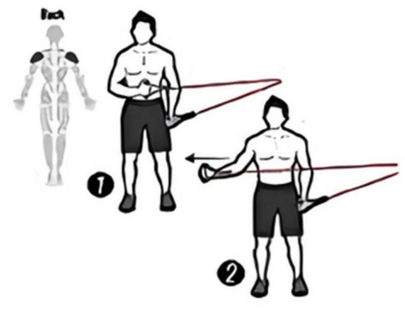
Internal Rotation



Chest Fly

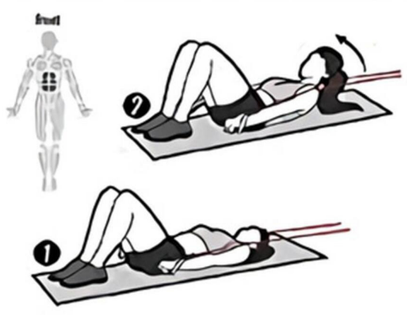


Shoulder Press

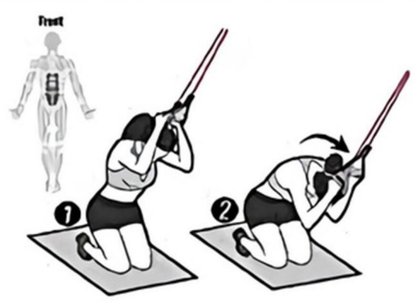


External Rotation

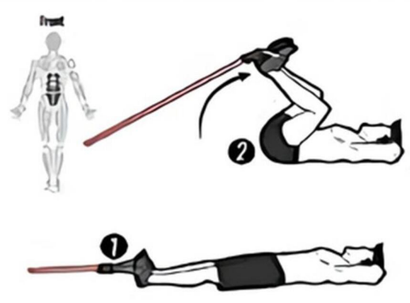
CORE



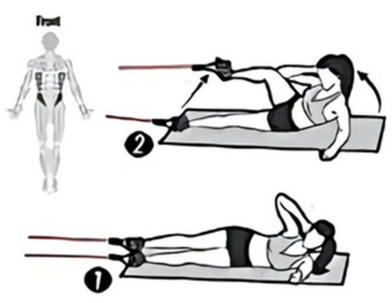
Crunch



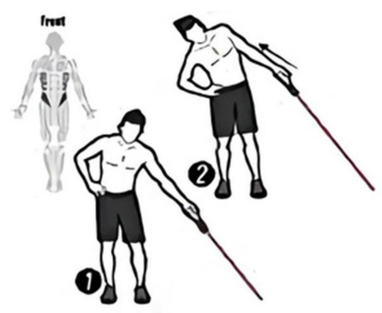
Kneeling Crunch



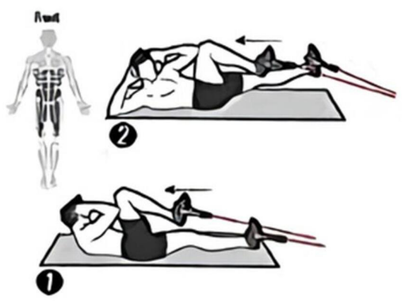
Reverse Crunch



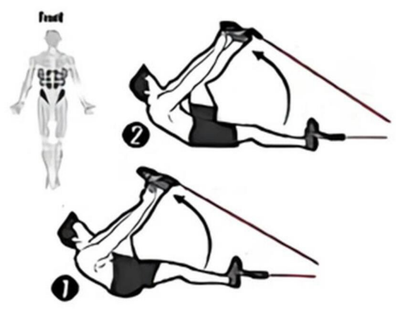
Lying Oblique Crunch



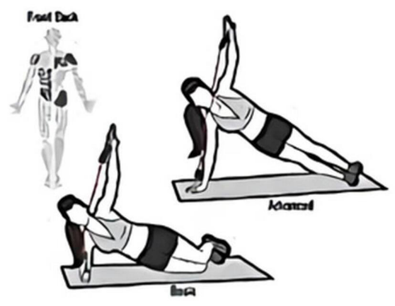
Side Bend



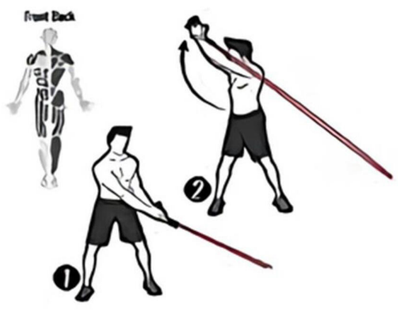
Bicycle



Alternating V-Ups



Side Plank

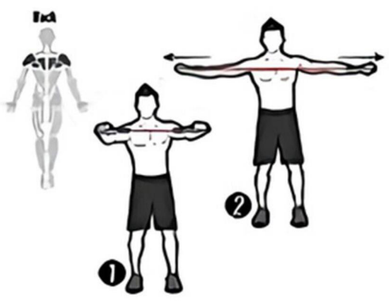


Reverse Wood Chop

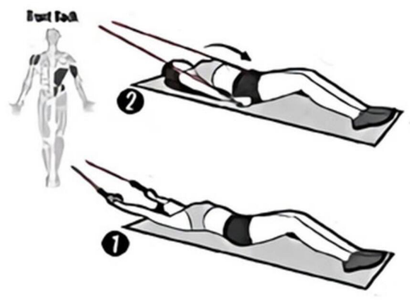


Sit-Up

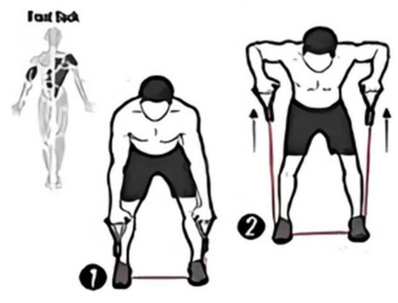
BACK



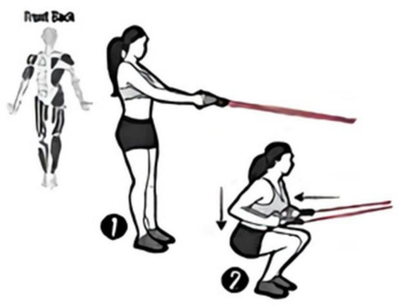
Pull Apart



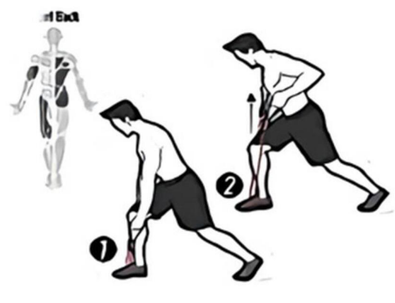
Lying Pullover



Bent Over Row

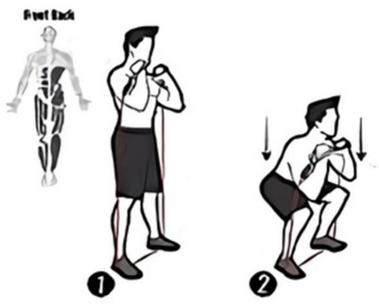


Squat Row

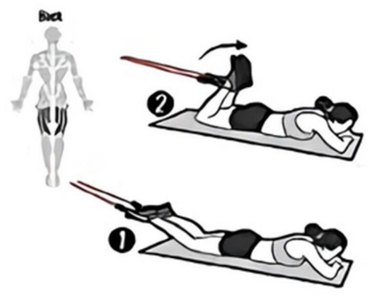


Split Row

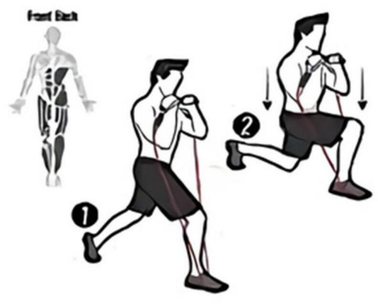
LOWER BODY



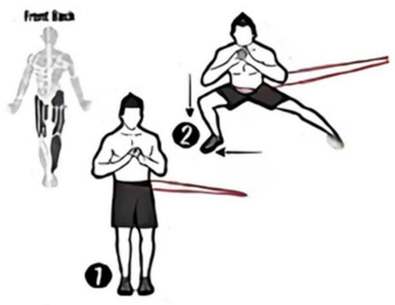
Squat



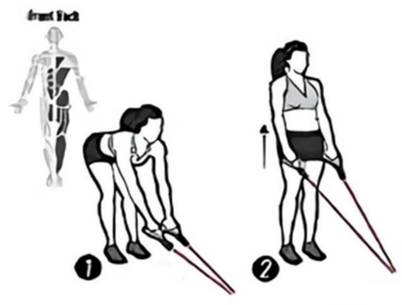
Hamstring Curl



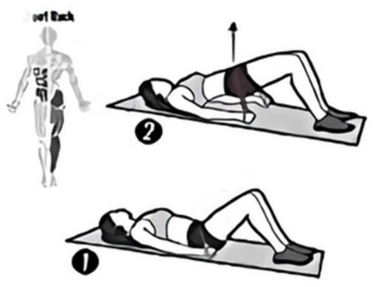
Lunge



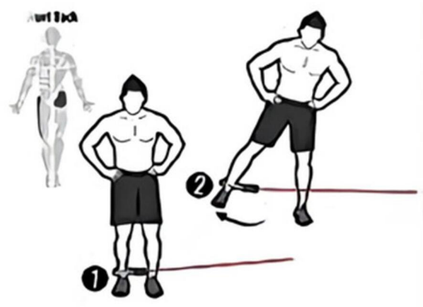
Lateral Lunge



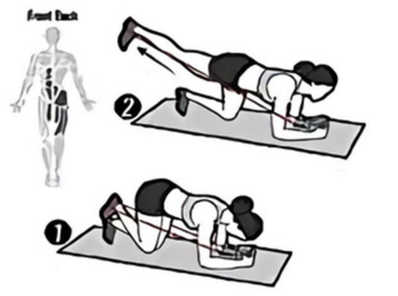
Romanian Deadlift



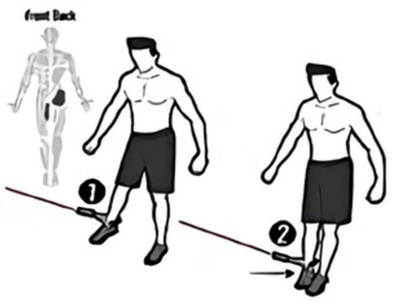
Glute Bridge



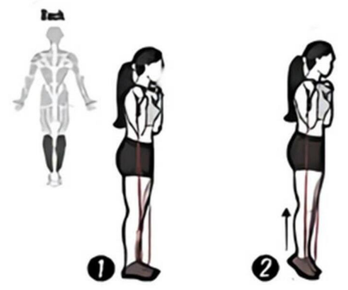
Hip Abduction



Donkey Kick

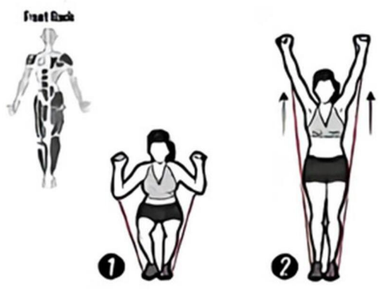


Hip Adduction

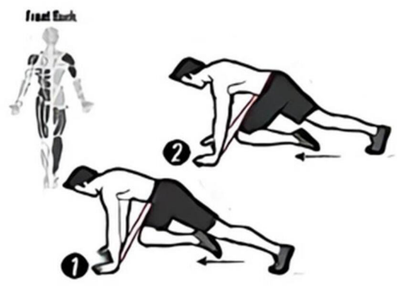


Calf Raise

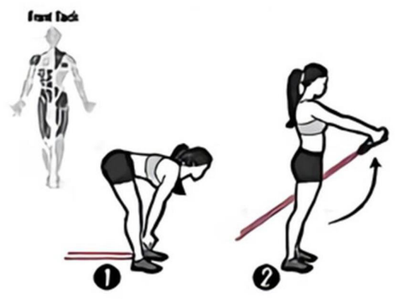
TOTAL BODY



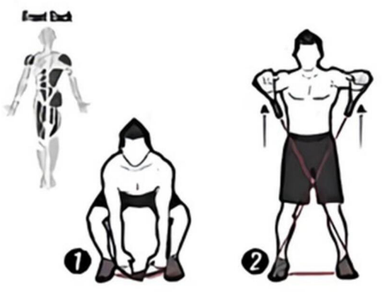
Thruster



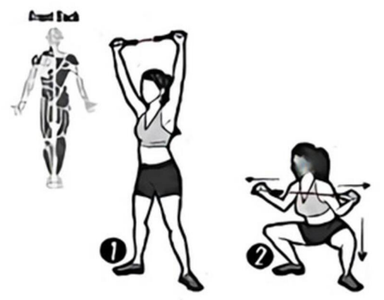
Mountain Climber



Pull Through



Swing



Sumo Squat Pull

HEARTSINARTS