



## RESISTANCE BAND EXERCISES

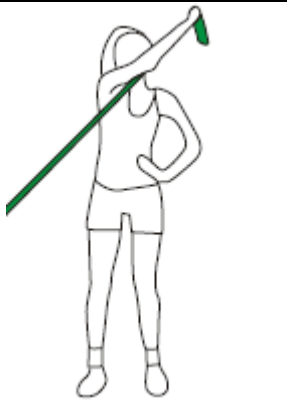
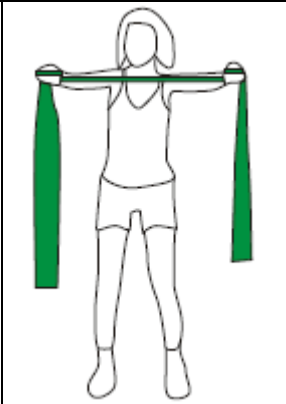
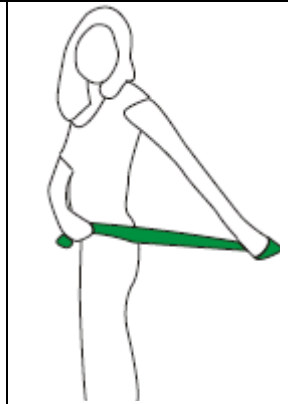
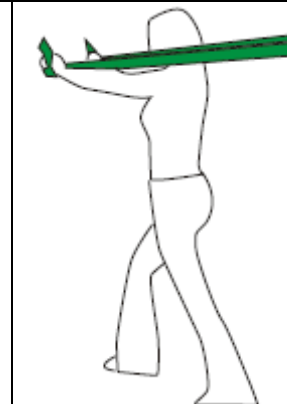
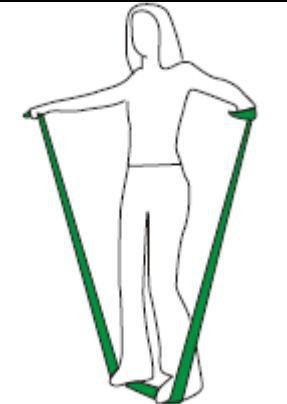

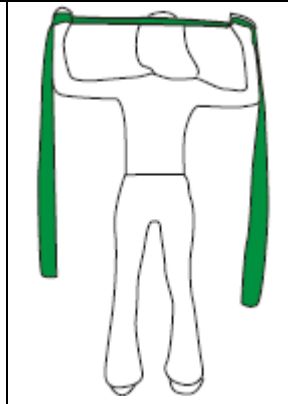



# INTRODUCTION


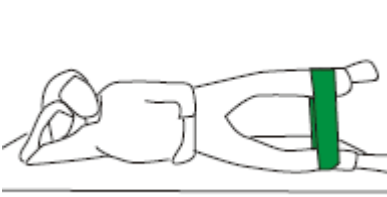
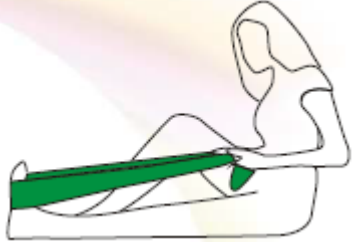


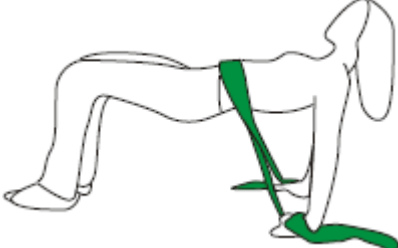
Band is one of the most affordable and convenient training tools which provides an effective upper and lower-body workout for everyone. Its elastic properties give you varying involve group exercise in club or at home for personal training.

## EXERCISES

### UPPER BODY

|  |   |  |  |
|--|---|--|--|
|  <p><b>Shoulder abduction</b></p>             |  <p><b>Shoulder abduction</b></p>      |  <p><b>Elbow extension</b></p> |  <p><b>Shoulder flexion</b></p> |
|  <p><b>Shoulder horizontal abduction</b></p> |  <p><b>Elbow flexion / Biceps</b></p> |  <p><b>Upper back</b></p>     |  <p><b>Push up</b></p>         |

**LOWER BODY**

|  |   |   |
|--|---|---|
|  <p><b>Knee extension</b></p>       |  <p><b>Lying hip abduction</b></p> |  <p><b>Ankle plantar flexion</b></p> |
|  <p><b>Lower trunk rotation</b></p> |  <p><b>Side bending</b></p>        |  <p><b>Hip extension</b></p>         |