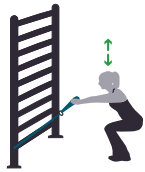


# Resistance Band Exercises

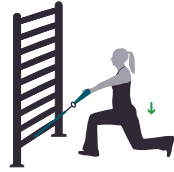
## LOWER BODY



Step Up



Squat



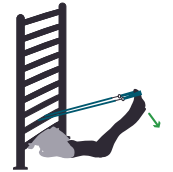
Lunge



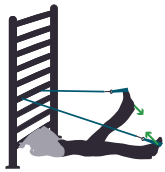
Heel Raise



Toe Raise



Leg Press Down



Scissors



Frog



Running

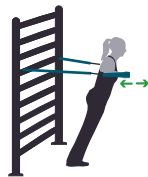
### BEFORE YOU START

- Consult your doctor before beginning a new exercise regimen
- Warm up before training
- Work larger muscle groups first
- Exhale on exertion
- Incorrect form may result in injuries
- Increase resistance by distancing from attachment point

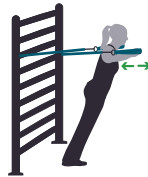
## CHEST



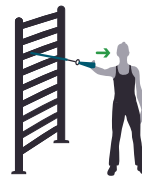
Chest Press



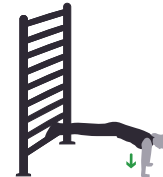
Incline Chest Press



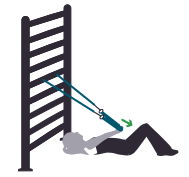
Fly



One Arm Fly



Push Up



Lying Press Down

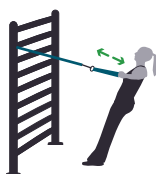
## BACK



Standing Press Down



Behind Back Press



Standing Row

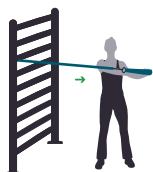


Seated Press Down



Back Extension

## CORE



Core Rotation



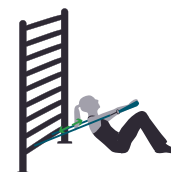
Knee Raises



Leg Raises




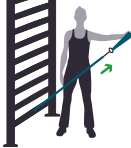
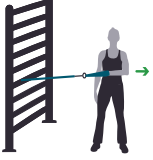
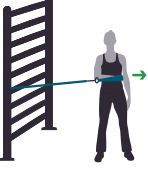


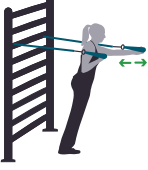
Straight Leg Raise









Roll Up

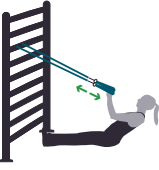


## SHOULDERS

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Shoulder Press  | Shrug   | Frontal Raise   | Lateral Raise   | External Rotation   | Internal Rotation   |

|   |
|---|
|  |
| Boxing  |

## ARMS





|   |   |   |   |   |   |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Standing Arm Curl   | Tricep Extension Down   | Tricep Extension Up   | Tricep Extension Forward  | Boxing  | Seated Tricep Extension   |

|  |   |   |
|--|---|---|
|  |  |  |
| Seated Curl  | Lying Curl  | Lying Tricep Extension  |

## STRETCH

WE HIGHLY RECOMMEND STRETCHING AFTER TRAINING

|   |   |   |   |   |   |
|---|---|---|---|---|---|
|  |  |  |  |  |  |
| Back  | Lower Back  | Standing Hamstring  | Hamstring   | Seated Hamstring  | Groin   |

|   |   |   |   |
|---|---|---|---|
|  |  |  |  |
| Thigh   | Calves  | Side  | Shoulders   |



**FITLOT**  
OUTDOOR FITNESS PARKS