



Power Bands

Workout Guide

W
O
R
K
O
U
T
1

#1 Chest Press
3x10



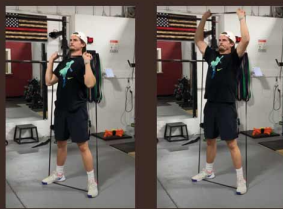
#2 Bicep Curl
3x10



#3 Tricep Push
3x10



#4 Shoulder Press
3x10



#5 Upright Row
3x10



#6 Overhead Squat
3x10



#1 Push Up
3x10



#2 Reverse Curl
3x10



#3 Tricep Extension
3x10



#4 Front Raises
3x10



#5 Lat Pulldown
3x10



#6 Front Raise Squat
3x10



W
O
R
K
O
U
T
2