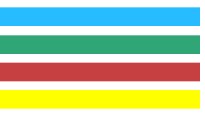


BODBANDS

DOOR RESISTANCE BANDS WORKOUT GUIDE





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INTRODUCTION

Welcome to the world of resistance bands! Resistance training bands were ranked with stability balls as the most popular piece of exercise equipment in a 2011 IDEA Personal Training Equipment Trends report. Resistance tubing and bands are popular because they're lightweight and easy to transport, which means they can be used when traveling. Many trainers and therapists like the band because they can adapt any exercise to a functional application.

These latex training devices have been around since the 1970s, yet they're a mainstay of almost every fitness enthusiast. Bands were first used in therapy to introduce low-intensity resistance to rehabilitating patients. Today bands come in all shapes and resistances and can be used by people of all ages and fitness levels.

This book features almost every conceivable exercise ever done with an exercise band. Whether you're looking to enhance your physique, elevate your sports performance or simply improve functional fitness, this book will add a new dimension to your workout—regardless of your experience level with resistance training.

WHAT IS RESISTANCE TRAINING?

Chances are you're familiar with the term "strength training." You might also know about—and even perform—weightlifting, weight training, resistance training or progressive resistance exercise. Simply put, these terms are used interchangeably by the public to describe the act of harnessing a resistance to place a load/strain on a muscle to develop muscle or improve muscular endurance.

Strength training can take many forms, from lifting your own body against the resistance of gravity to using weights or exercise bands to challenge your muscles. It really doesn't matter what shape or form the resistance comes in because the ultimate goal is to improve strength, muscle size (hypertrophy), muscular endurance or power.

The best method to improve strength is often referred to as progressive resistance exercise training. Here, a person engages in a set of exercises that slowly and progressively overload a muscle. When the muscle adapts to the challenge of a load/resistance and the resistance becomes easier, the person either increases the resistance/load or performs more repetitions. The general rule of thumb is when you can perform 10–15 reps easily and correctly, you need to increase the load. In weight training you increase the weight, but in resistance band training you progress to the next harder band or combine two bands together.

As you improve in strength, it's advised to increase the volume of work you perform by adding "sets" to your workout. Two to three sets of each exercise are ideal

WHY TRAIN WITH BANDS?

The adaptability and versatility of resistance training bands make them suitable for all levels, from those recovering from injury to world-class athletes. In addition, the beauty of performing resistance band training is that you don't need to buy or store heavy equipment or drive to a gym. Every exercise that can be done on a piece of exercise equipment or with weights can be done with an exercise band.

There may be even more opportunities with band training than with weight training. The bands come in varying resistances, so as you get stronger you can purchase heavier-resistance bands in order to accommodate your improvements in strength. They can be easily and quickly exchanged to increase or decrease the resistance depending upon the exercise. You can also exercise a muscle at various angles as well as both eccentrically and concentrically. A total-body resistance band workout should take less than 15 minutes and can be done practically anywhere—even in the pool.

Here are additional benefits of training with bands:

- Increased strength in muscles and bones
- Improved balance
- Reduced lower back pain
- Improved blood sugar control
- Improved blood transport system
- Increased metabolism
- Reduced arthritic pain

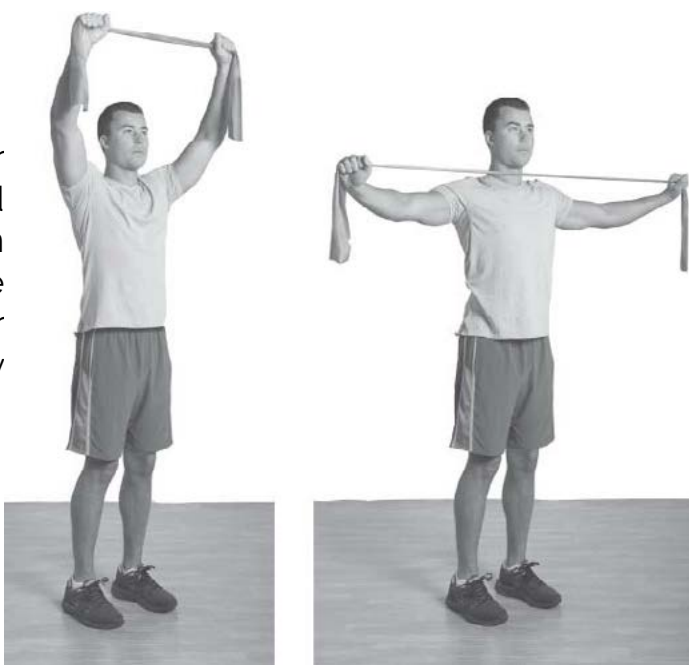
Just keep in mind that exercise bands alone will not offer great changes in muscular hypertrophy, or massive muscle development, but for most people band training provides adequate results. The band is versatile and convenient, and it tones the muscles with low risk of injury. However, be aware that you may compromise the quality of your training by incorrectly placing your hands on the bands or allowing the band to control the movement.

UPPER BODY SERIES

PULL-DOWN

target: shoulders, back

1. Sit or stand with proper posture and grasp the band with both hands at a location wide enough to provide the desired resistance. Take your arms overhead but slightly angled forward.



2 Keeping your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly pull both ends of the band downward until your hands are at shoulder height. Pause.

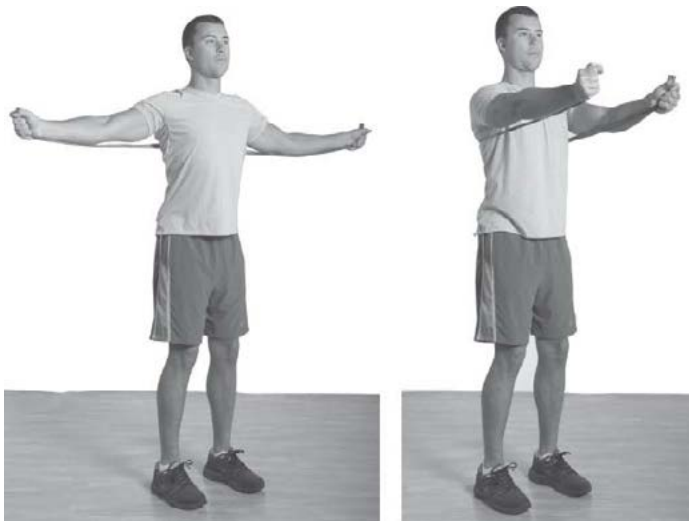
Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done one arm at a time. Alternate between left and right arms.

FLYE

target: chest

1 Sit or stand with proper posture and place the band behind your mid-upper back. Grasp the band in each hand in front of your shoulders and open your arms out to the sides.



2 Keeping your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly bring your hands toward each other in front of your shoulders.

Keeping tension in your arms, slowly return to start position.

INDINE VARIATION: Extend the arms upward at a 45-degree angle before taking them out to the sides.

REVERSE FLYE

target: upper back

1 Sit or stand with proper posture and grasp the band with both hands in front of your chest. Extend your arms straight out in front of you. Adjust your grip until you have the desired resistance.

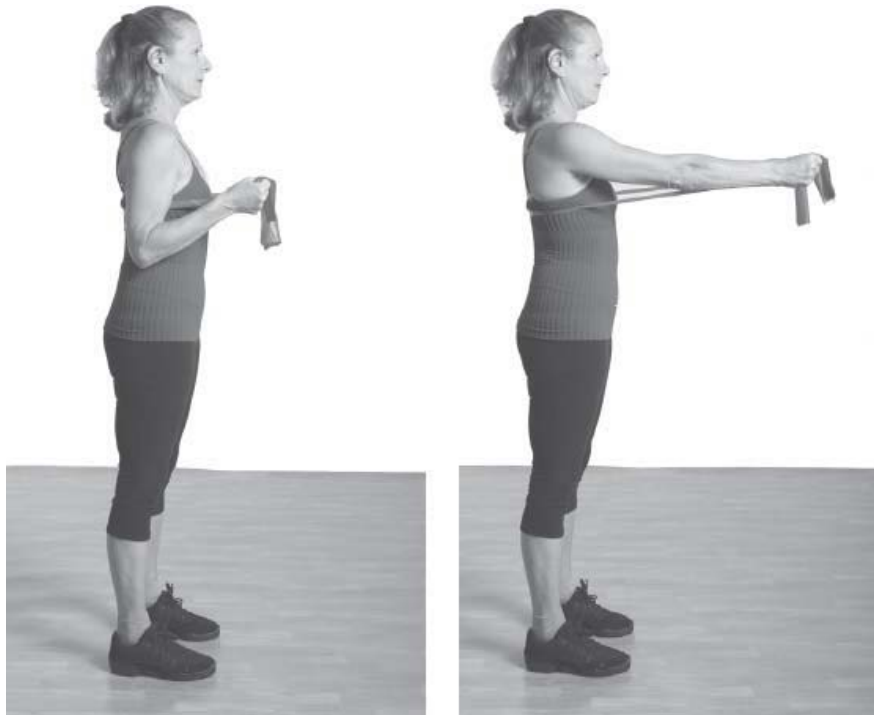
2 Keeping your arms parallel to the floor, your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly open your arms out to the sides.

Slowly return to start position.



HORIZONTAL CHEST PRESS

target: chest



1 Sit or stand with proper posture and place the band behind your mid-upper back. Grasp the band in each hand at a point of adequate resistance in front of your shoulders.

2 Keeping your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly press both ends of the band forward. Pause when your arms are extended in front of you.

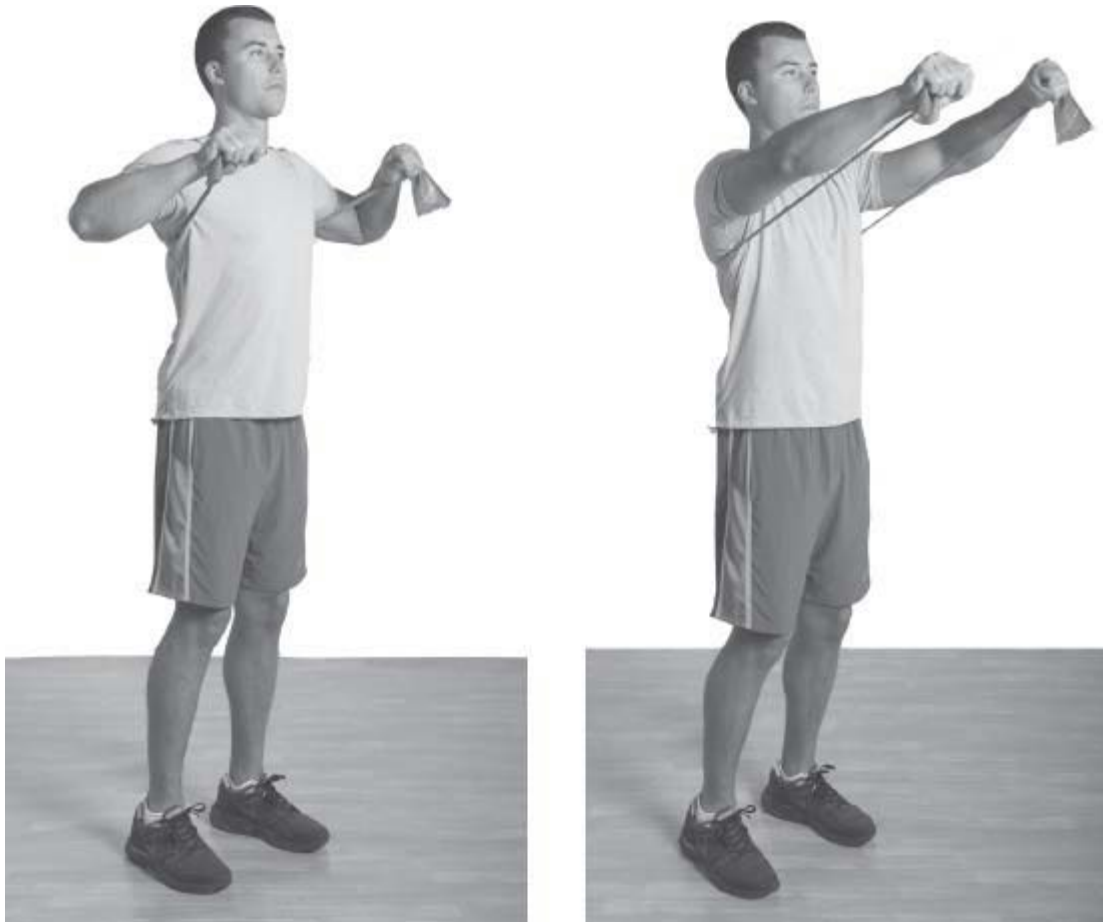
Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done one arm at a time. Alternate between left and right arms.



INCLINE CHEST PRESS

target: upper chest



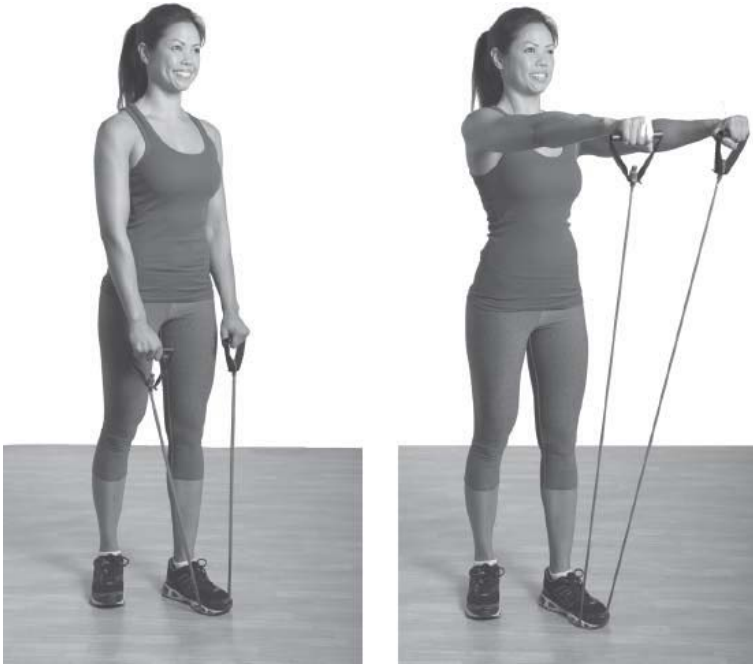
1 Sit or stand with proper posture and place the band behind your mid-upper back. Grasp the band in each hand at a point of adequate resistance in front of your shoulders.

2 Keeping your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly press both ends of the band forward and upward at a 45-degree angle. Pause when your arms are extended in front of you.

Slowly return to start position.

FRONTAL RAISE

target: shoulders



1 Sit or stand on the middle of the band with the band in each hand. Place your arms alongside your body with your palms facing your thighs. Adjust your grip on the band until it provides the desired resistance.

2 Keeping your arms straight, slowly raise your arms forward no higher than shoulder height.

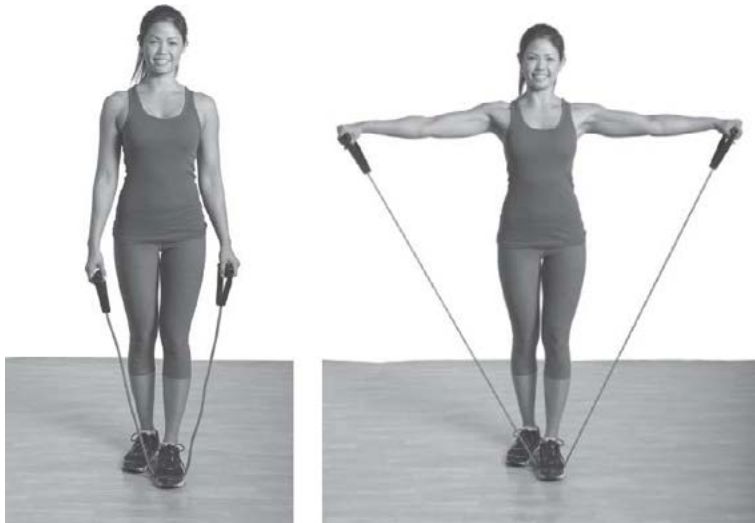
Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done one arm at a time. Alternate between left and right arms.



LATERAL RAISE

target: shoulders



1 Sit or stand on the middle of the band with the band in each hand. Place your arms alongside your body with your palms facing your body. Adjust your grip on the band until it provides the desired resistance.

2 Keeping your arms straight, slowly raise your arms to the sides no higher than shoulder height.

Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done one arm at a time. Alternate between left and right arms. 2 Keeping your arms straight, slowly raise your arms to the sides no higher than shoulder height.

Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done one arm at a time. Alternate between left and right arms.



SHOULDER PRESS

target: shoulders



This can be performed while sitting in a chair or standing.

Caution: Do not perform this exercise if you have a history of shoulder concerns.

1 Sit or stand with proper posture and place the band behind your mid-upper back and under your armpits. Grasp the band in each hand in front of your shoulders at a location that provides adequate resistance.

2 Keeping your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly press both ends of the band up toward the ceiling. Pause when your arms are extended.

Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done one arm at a time. Alternate between left and right arms.

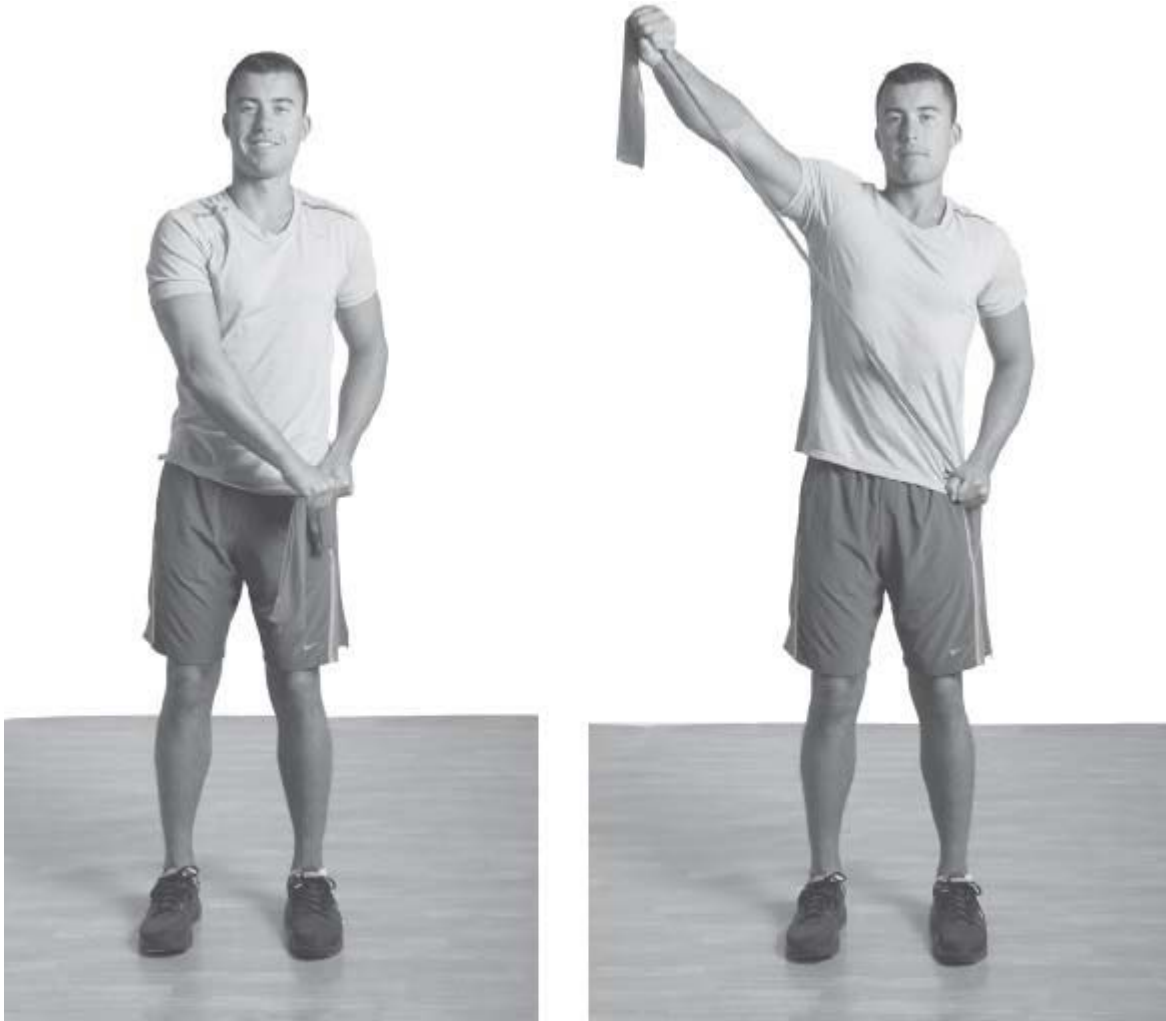
MODIFICATION: If you have a shoulder issue, you can press the band slightly forward to lessen the strain on the shoulder joint.

VARIATION (pictured): You can also sit or stand on the middle of the band and bring an end of the band in each hand to shoulder height.



SWORD FIGHTER

target: posterior shoulders, rotator cuff



1 Sit or stand upright. Use your left hand to secure an end of the band to your left hip then grasp the band with your right hand at a location that provides your desired resistance.

2 Keeping your right arm straight, slowly pull the band diagonally across your body as if pulling out a sword from its sheath.

Slowly return to start position. Repeat, then switch sides.

DOWNWARD SWORD FIGHTER

target: Upper back



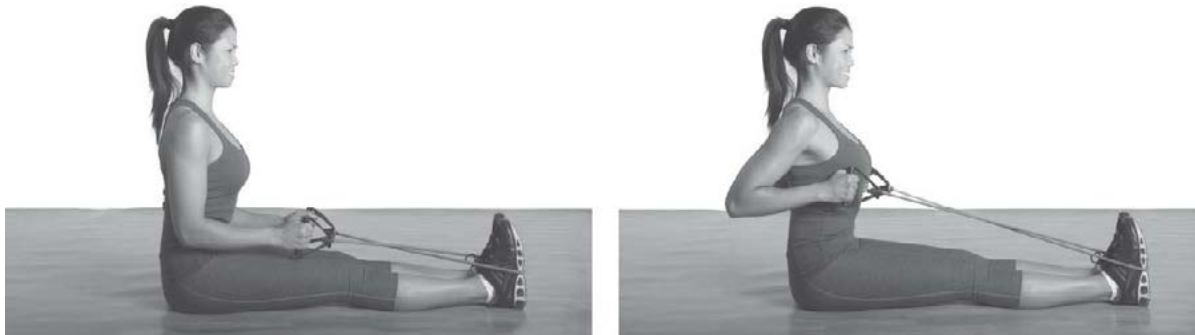
1 Sit or stand with proper posture. With your left hand, hold the end of the band slightly above your head. Grasp the band with your right hand at a location that provides adequate resistance.

2 Slowly pull your right hand down diagonally to your right hip.

Slowly return to start position. Repeat, then switch sides.

LONG ROW

target: biceps , upper back

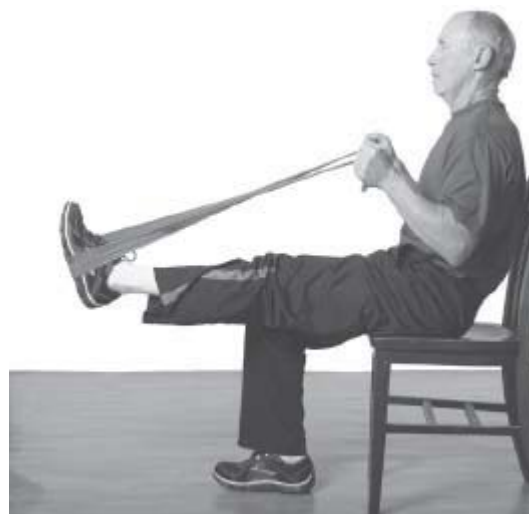


1 Sit on the floor, wrap the band around your feet and extend your legs in front of you. Grasp the band in each hand at a location that provides the desired resistance.

2 Keeping your wrists neutral (don't bend them) and your head and upper back in proper posture, slowly pull both ends of the band toward your chest. Pause when the band is near your chest.

Slowly return to start position.

SINGLE-ARM VARIATION: This can also be done while sitting in a chair. Extend your leg(s) forward once you've wrapped the band around your foot/feet.

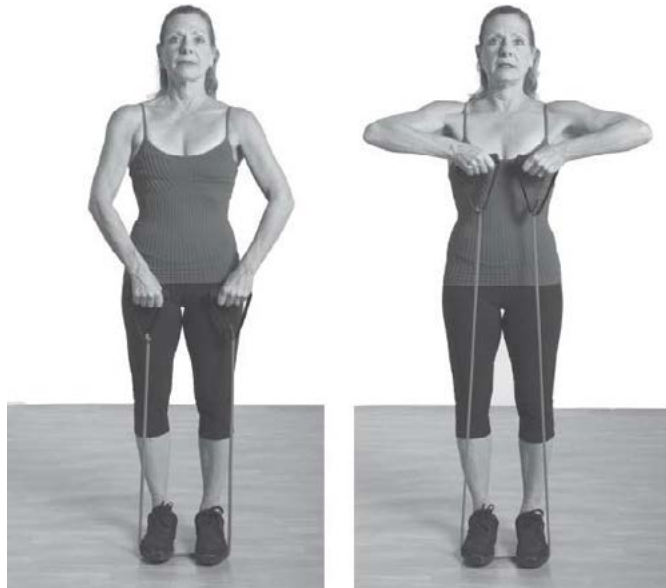


UPRIGHT ROW

target: shoulders

If you have a shoulder concern, be careful and start with a small range of motion and an easy band.

1 Stand in the middle of the band with an end of the band in each hand and your knees softly bent. Your hands should be in front of your hips, palms facing your body. Adjust your grip on the band until you have your desired resistance.



2 Bring the band up toward your chin, allowing your elbows to flare to the side. Slowly return to start position.



SINGLE-ARM VARIATION: This can also be done one arm at a time (it might be your only option if you have a short band). Alternate between left and right arms.

BIKE PUMP

target: triceps

1 Stand with proper posture. Drape the band over your right shoulder and secure it in place with your left hand. With your right hand, grab the band at a location that provides ideal resistance. Once the band is in place, lean over slightly as if pushing down on a bike pump.

2 Slowly press your right arm down.

Slowly return to start position. Repeat, then switch sides.



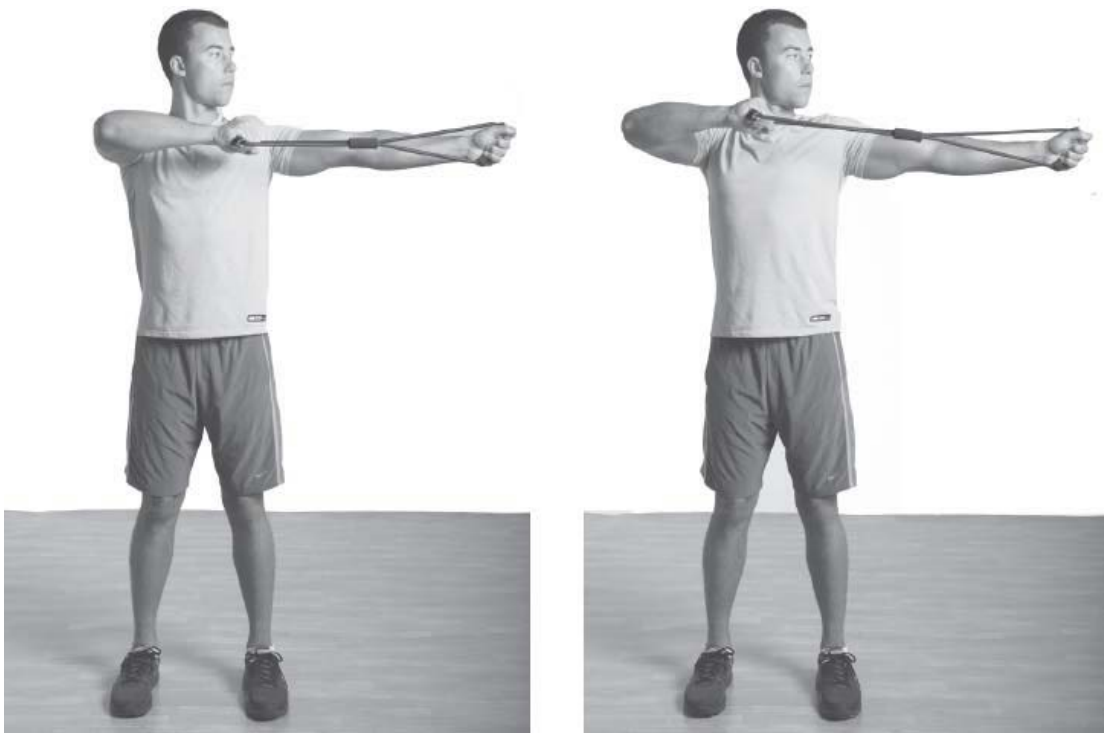
ARCHERY PULL

target: biceps, upper back

1 Sit or stand with proper posture. Hold one end of the band in your left hand and extend your left arm straight out to the side. With your right hand, grasp the band near your left elbow or shoulder at a location that provides proper resistance.

2 Pull your right arm across your chest, drawing your elbow to your right side.

Slowly return to start position. Repeat, then switch sides.



TRICEPS EXTENSION

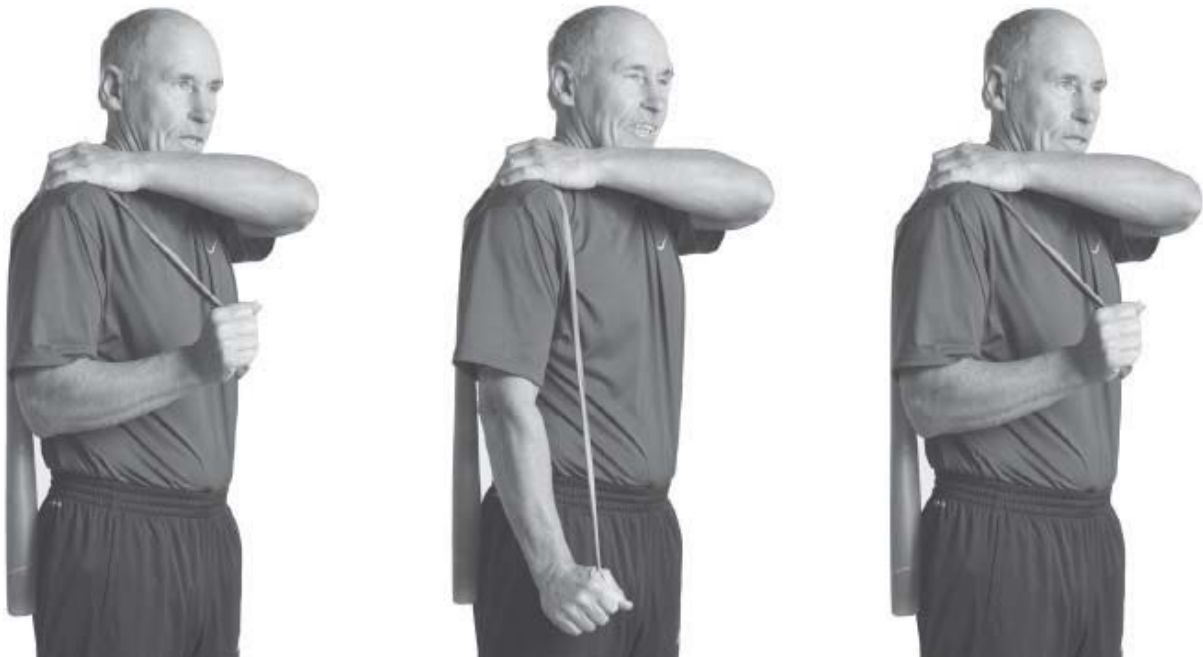
target: triceps

1 Stand with proper posture. Drape the band over your right shoulder and secure the band by placing your left hand on top of it. Bend your right elbow roughly 90 degrees and place it next to your ribs. With your right hand, grasp the band at a location that provides your desired resistance.

2 Without using momentum, slowly extend your right arm and hold for 1–2 seconds.

3 Slowly return your arm to a 90-degree position.

Repeat, then switch sides.



HORIZONTAL TRICEPS EXTENSION

target: triceps

1 Sit or stand with proper posture and grasp the band with both hands approximately shoulder-width apart and at chest height. Lift your elbows out to the sides, keeping your arms parallel to the floor.

2 Keeping your right hand in place, slowly extend your left arm out to the side.

Slowly return to start position. Repeat, then switch sides.

DOUBLE-ARM VARIATION: Perform the motion with both arms at the same time.



CHAIR DIP

target: posterior shoulders, triceps

- 1** Sit at the edge of the chair with your feet on the floor. Place the band over your shoulders and behind your neck. With the band secure in each hand, place your palms on the seat of the chair with your fingers slightly off the seat. Slide your rear end off the chair.
- 2** Lower yourself down as far as is comfortable.
- 3** Extend your arms to raise your body.



LAWNMOWER PULL

target: biceps, upper back

1 Step on the band with your left foot, lean over slightly as if to pull the cord on a lawnmower and then with your right hand grasp the band at a location that provides adequate resistance.

2 Pull the band up and back.

Slowly return to start position. Repeat, then switch sides.



TROMBONE PRESS

target: triceps, front of shoulders

1 Sit or stand with proper posture and hold an end of the band near your mouth with your right hand. With your left hand, grasp the band at a location that provides adequate resistance.

2 Press the band forward as if sliding a trombone.

Slowly return to start position. Repeat, then switch sides.



SHRUG

target: trapezius



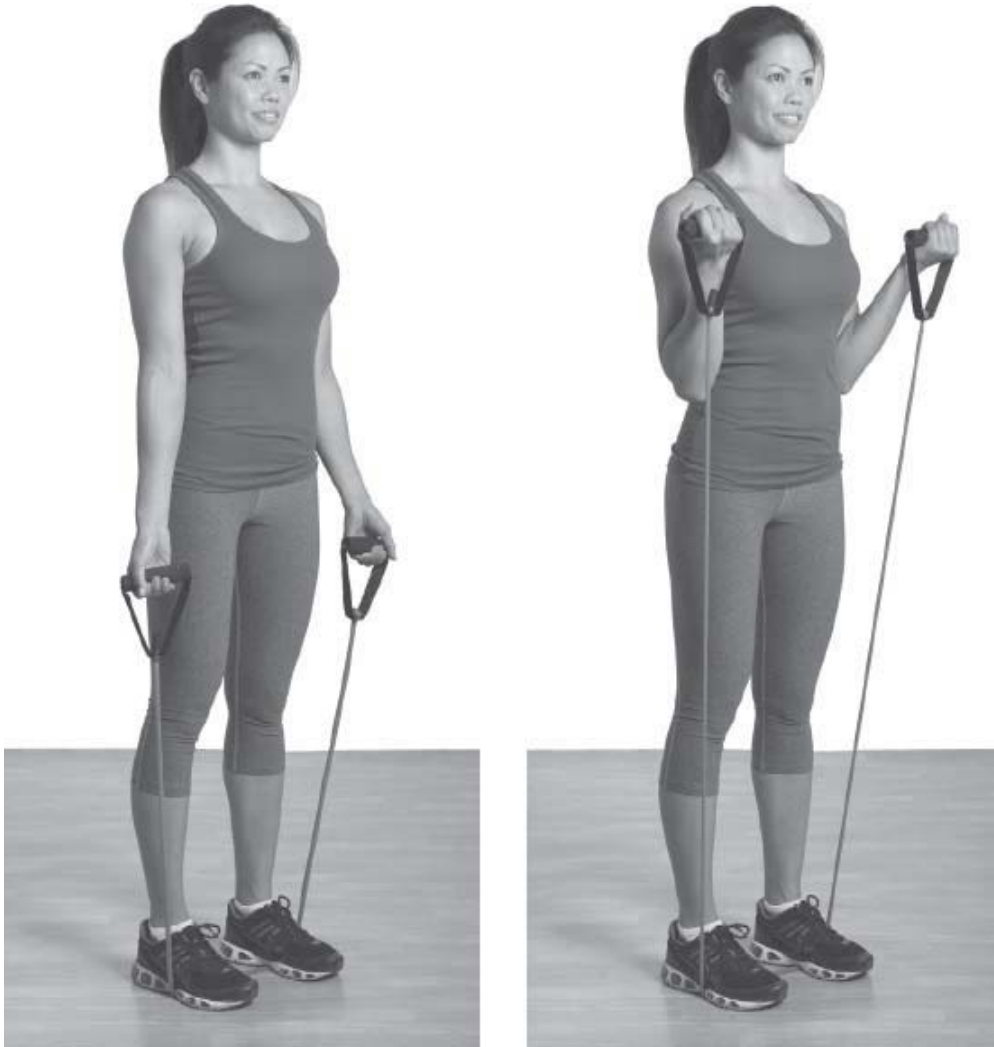
1 Stand in the middle of the band with an end of the band in each hand and your knees softly bent. Your hands should be in front of your hips, palms facing your body. Adjust your grip on the band until you have your desired resistance.

2 Keeping your arms straight, slowly “shrug” your shoulders. Hold at the top for 1–2 seconds.

Slowly return to start position.

BICEPS CURL

target: biceps



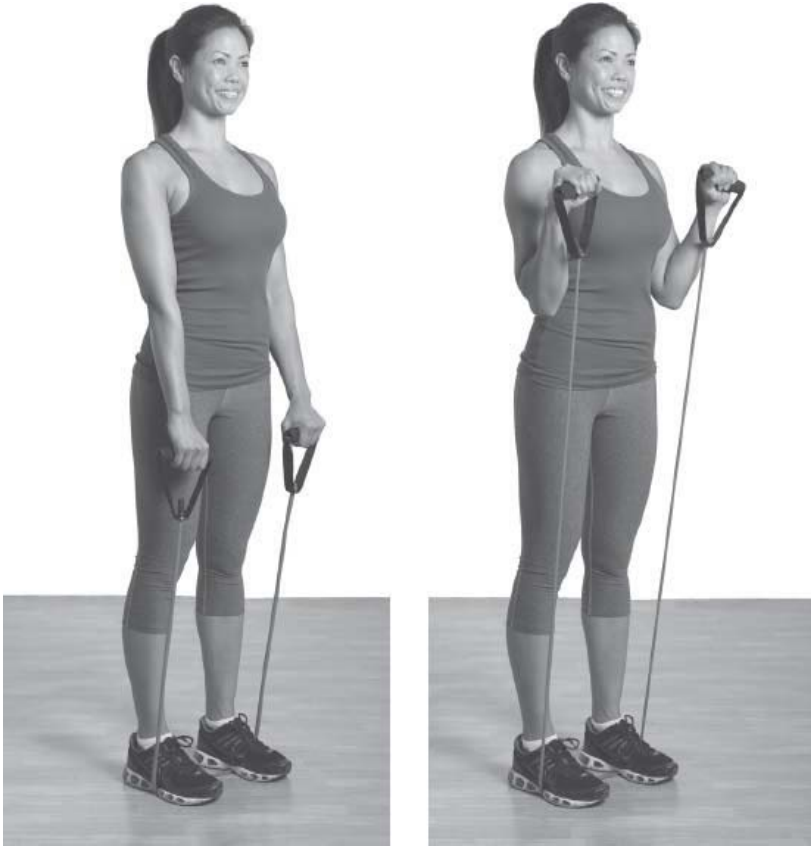
1 Stand in the middle of the band and hold an end of the band in each hand with your palms facing forward. Adjust your grip on the band until you have your desired resistance.

2 Keeping your elbows close to your ribs, bend your arms to slowly bring your palms toward your shoulders.

Slowly lower your arms.

REVERSE CURL

target: biceps, forearms



1 Stand in the middle of the band and hold an end of the band in each hand with your palms facing your body. Adjust your grip on the band until you have your desired resistance.

2 Keeping your elbows close to your ribs, bend your arms to slowly bring your knuckles toward your shoulders.

Slowly lower your arms.

SINGLE-ARM VARIATION: This can also be done with one arm.



FOREARM FLEXION & EXTENSION

target: forearms



This can be performed while sitting in a chair or standing. To reduce stress on your wrist, allow the band to run between your ring and middle fingers.

1 Grasp one end of the band in your left hand and step securely on the band with your left foot at a location that provides adequate resistance. Extend your arm straight out in front of you with your palm facing up.

2 Slowly curl (flex) your palm toward your body. Pause.

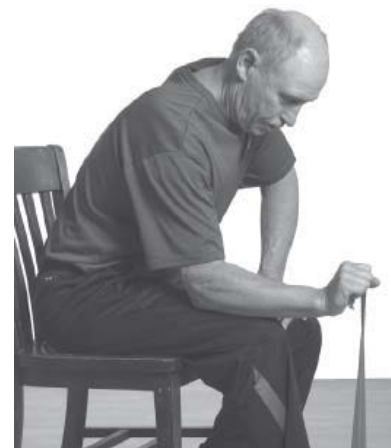
Slowly return to start position. Repeat, then switch sides.

3 Now extend your arm straight out in front of you with your palm facing down.

4 Raise the back of your hand toward your body.

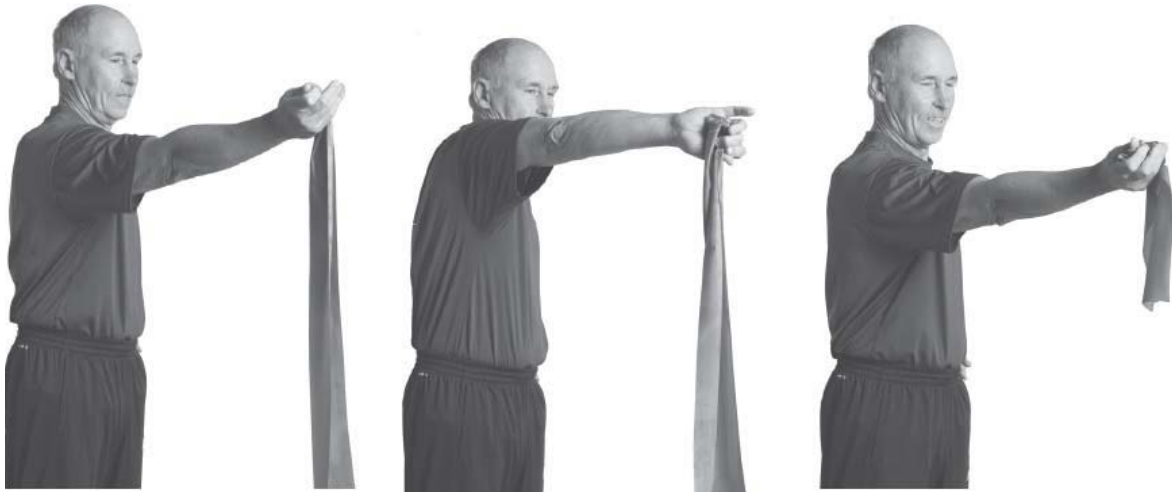
Slowly return to start position. Repeat, then switch sides.

SEATED MODIFICATION: With the band in your left hand, place your left forearm on your left thigh with your palm up or down. Your forearm should stay on your thigh as you flex and relax the wrist joint.



WRIST FOLD

target: forearms



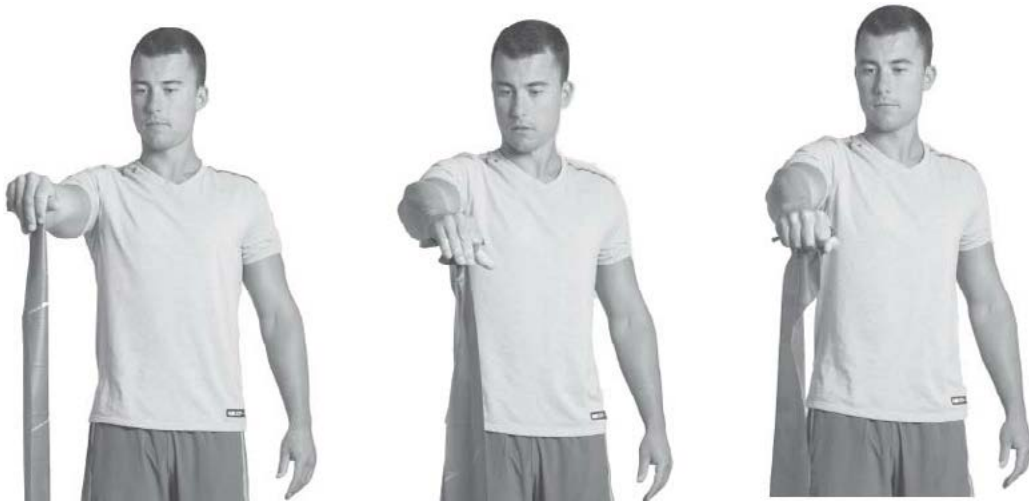
1 Sit or stand with proper posture and extend your arm while holding one end of the band.

2–3 Slowly turn your palm up, grab some band then rotate your hand and grab more band. Continue rotating your hand until the band is inside your palm. Once the band is inside your hand, squeeze it firmly ten times.

Repeat, then switch sides.

RACEHORSE

target: forearms



1 Sit or stand with proper posture and extend your arm while holding one end of the band.

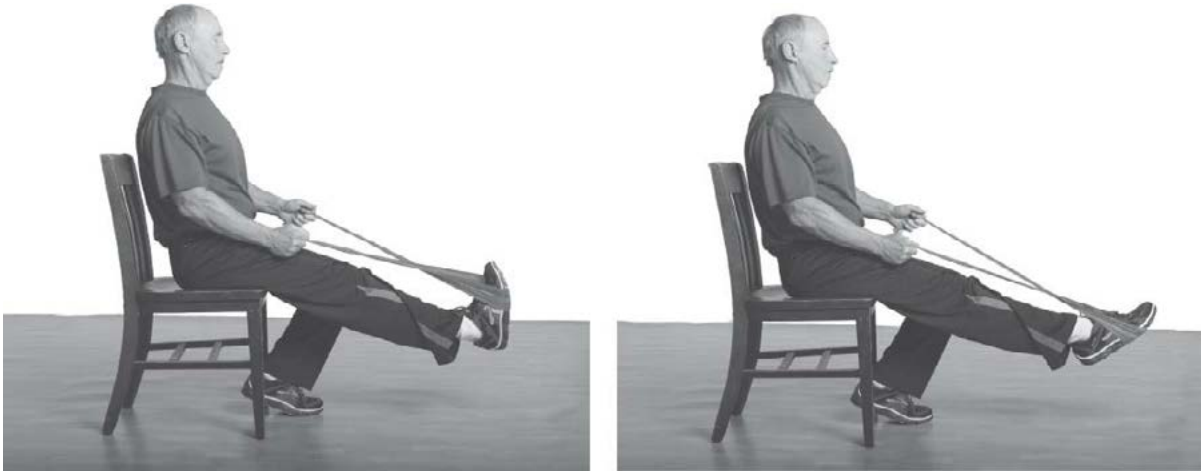
2-3 Quickly grab some band and pull it into the palm of your hand while squeezing the band. Continue until the entire band is inside your palm. Once the band is inside your hand, squeeze it firmly ten times.

Repeat, then switch sides.

LOWER BODY SERIES

GAS PEDAL

target: calves



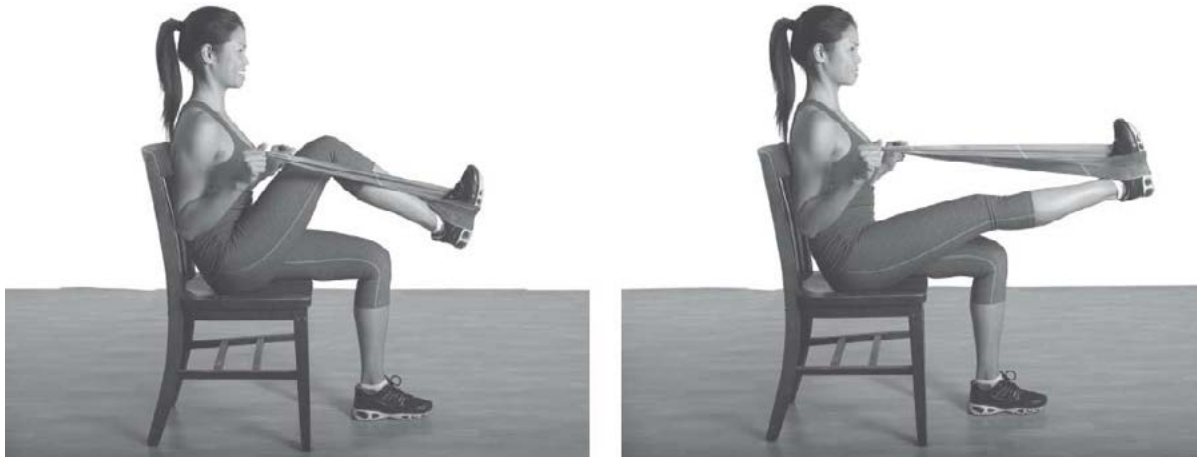
1 Sit with proper posture. Place one foot on the floor and extend the other leg straight out in front of you. Wrap the band around the ball of your foot once to keep it in place.

2 Slowly point your foot, keeping tension in the band.

Return your foot to neutral. Repeat, then switch sides.

LEG PRESS

target: thighs



1 Sit with proper posture in the middle of a chair. Place one foot on the floor and extend the other leg straight out in front of you. Wrap the band once around the ball of the foot of the straightened leg to keep it in place. Slowly bring your knee in toward your chest.

2 Extend your leg, making sure not to lock your knee.

Return to start position. Repeat, then switch sides.

SQUAT

target: quadriceps



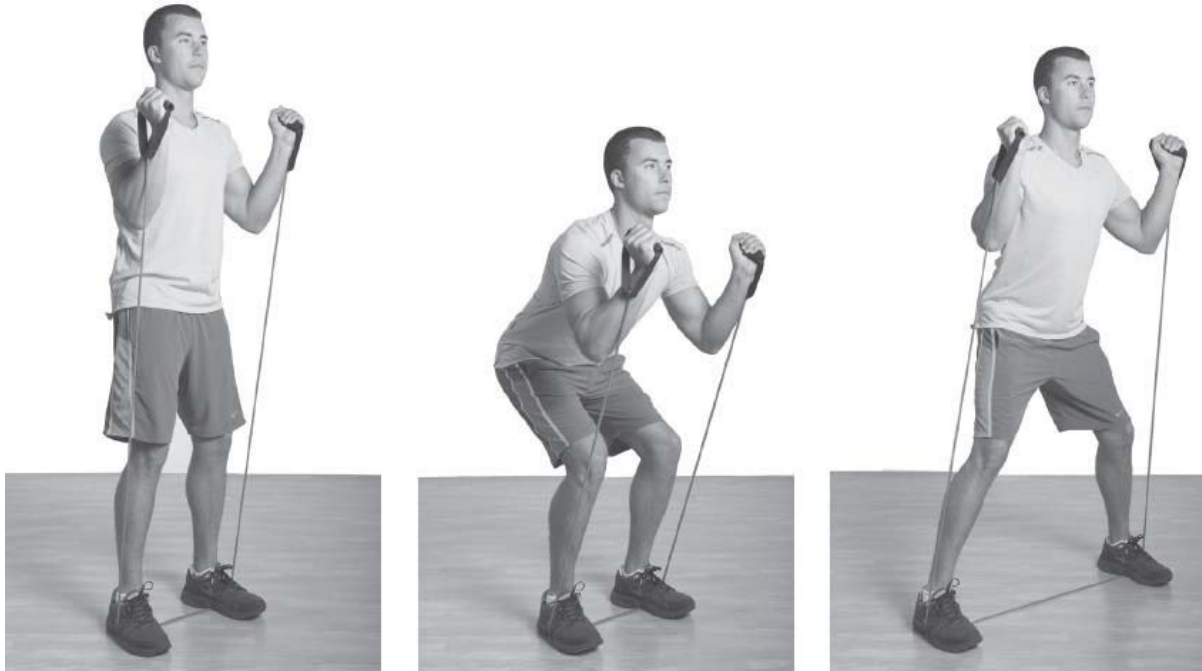
1 Stand with your feet on the center of the band. Grasp an end of the band in each hand at a place that offers your desired resistance.

2 Keeping your back in neutral position, squat down halfway, adjusting the resistance as necessary. Don't allow your knees to extend past your toes. Pause.

Return to start position.

SQUAT SHUFFLE

target: quadriceps



1 Stand with your feet on the center of the band. Grasp an end of the band in each hand at a place that offers your desired resistance.

2–3 Squat either a quarter- or halfway down then take several steps to the right. Do not allow your knees to extend past your toes.

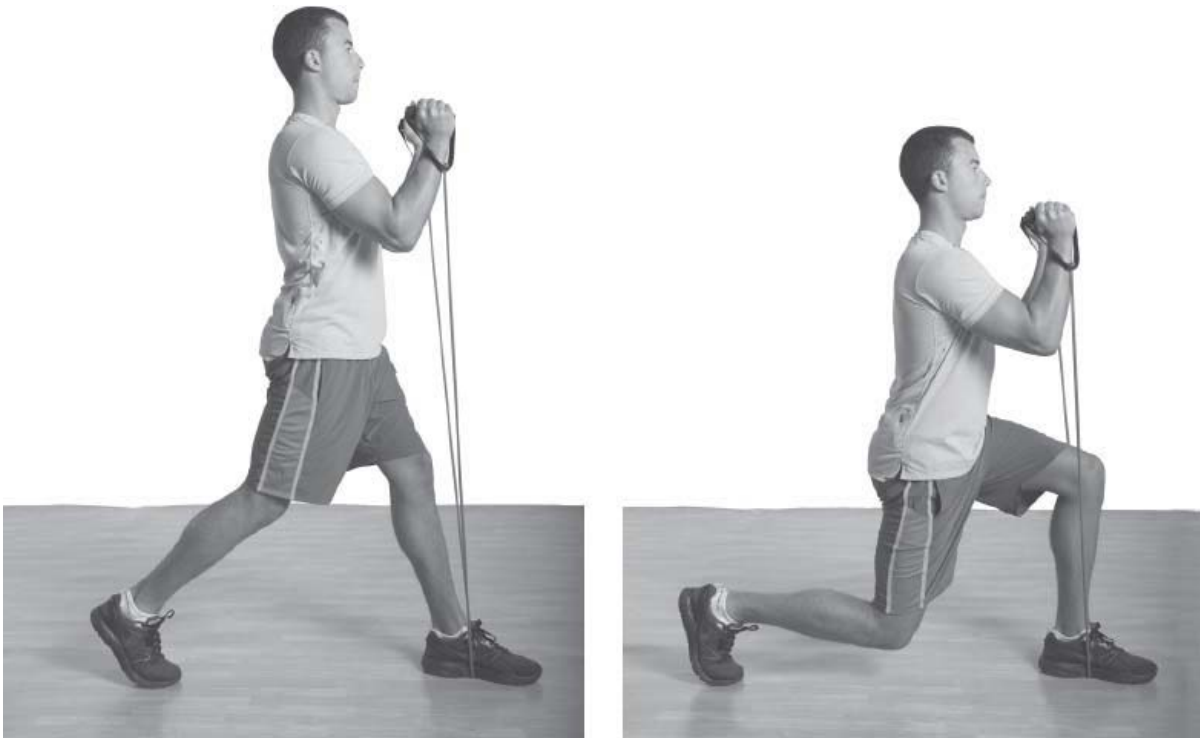
Now take several steps to the left. Continue stepping to the left and right.

VARIATION: You can also wrap a tubular band around your legs at mid- thigh or tie a band around them.



FORWARD LUNGE

target: quadriceps



1 Stand in the middle of the band with your left foot and hold on to the band with each hand at a location that provides adequate resistance. Slide your right foot backward.

2 Attempt to lower your right knee to the floor if possible, otherwise just go as low as is comfortable. You should feel an increase in resistance in the left leg as you come upright.

Repeat, then switch sides.

SIDE STEP

target: iliotibial band



Caution: If you have hip or knee issues, proceed carefully.

1 Wrap a tubular band around your legs at mid-thigh or tie a band around both thighs.

2 Take 4 steps to the right—do not overstride—and then take 4 steps to the left.

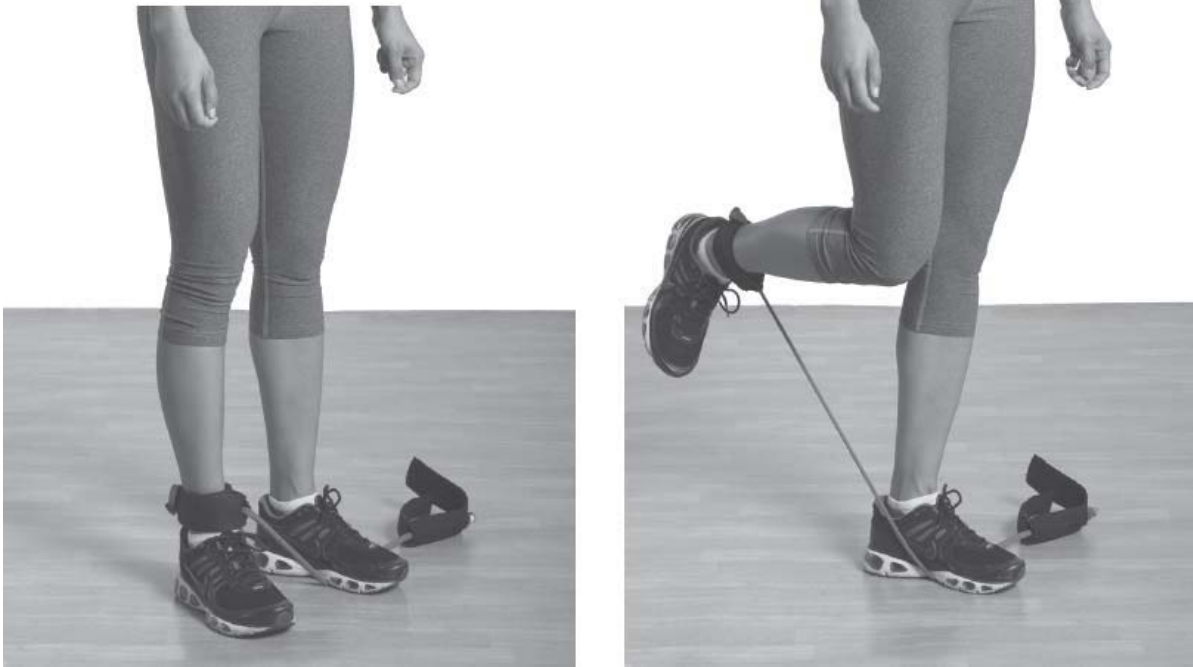
Continue stepping to the left and right.

VARIATION: This can also be done while standing on the band.



LEG CURL

target: hamstrings



If balance is an issue, you may want to stand near a secure location for assistance.

Caution: Be careful of hamstring cramps.

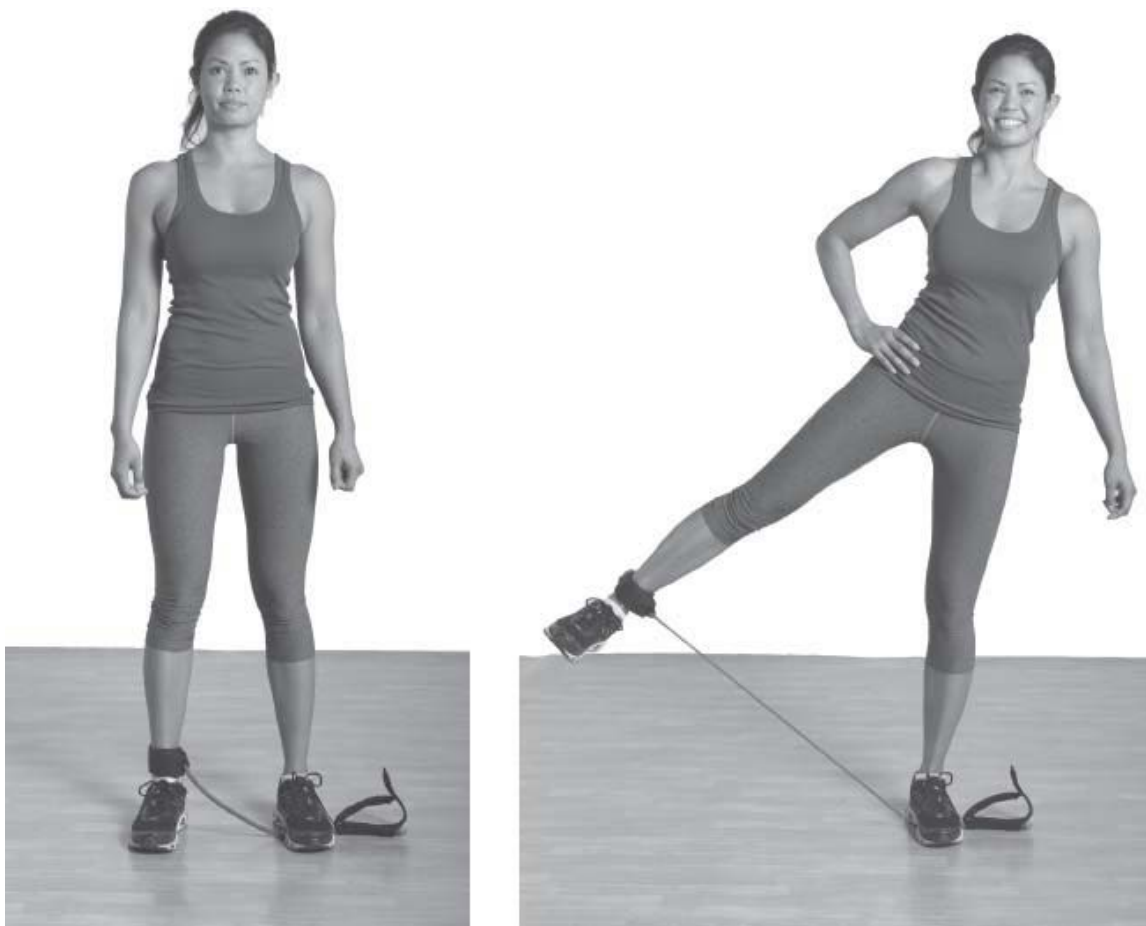
1 Place a tubular band under one foot and wrap the band around the other ankle, or tie one end of the band around the ankle. Wrap the band so that it provides resistance through the full range of motion.

2 Maintaining neutral spine position, slowly curl the leg that has the band around the ankle halfway up. Control the motion in both directions—don't allow the band to determine the speed. Hold for 1–2 seconds.

Slowly lower the leg to start position. Repeat, then switch sides.

LEG ABDUCTION

target: outer thighs



If you have balance issues, hold onto something for stability.

Caution: Avoid this exercise if you have hip problems.

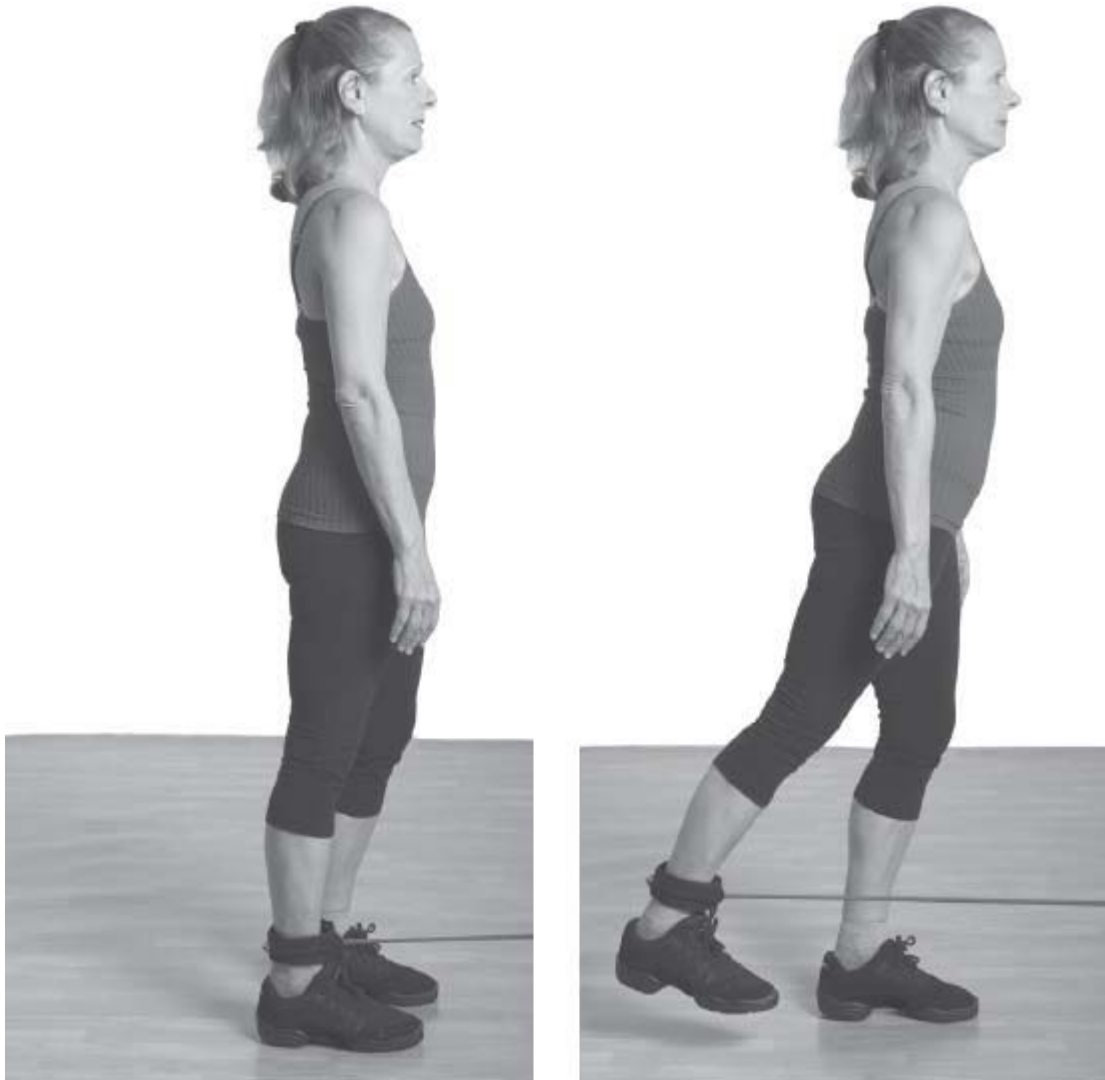
1 Secure the band around each ankle, or step on the band with your left foot and wrap the other end around your right ankle. Adjust the band so that it provides resistance through the full range of motion.

2 Slowly move your right leg to the side a comfortable distance.

Slowly lower the leg to start position. Repeat, then switch sides.

HIP EXTENSION

target: gluteus maximus, hamstrings



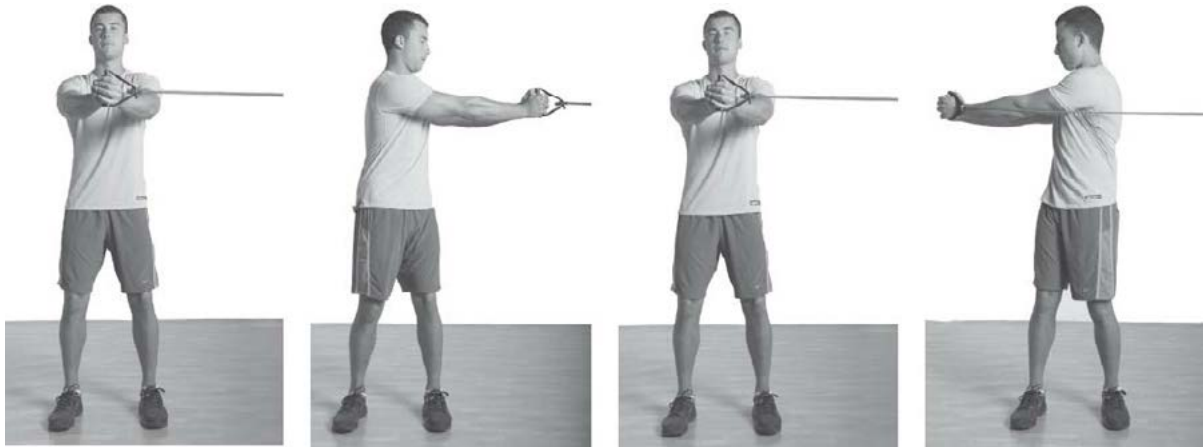
1 Secure the band to a door and then, facing the door, tie one end of the band to your right ankle. Use the door for balance if need be.

2 Keeping your leg straight, slowly extend your leg backward to engage the butt muscles. Hold for 1–2 seconds.

Slowly return to start position. Repeat, then switch sides.

TORSO ROTATION

target: core rotators



- 1** Secure the band to a door with the proper strap so that the band is at chest height. While standing with your left side to the door, grab the band with both hands and move away from the door until your arms are fully extended. Stand with your feet shoulder-width apart.
- 2** Slowly twist to the left and hold for 1–2 seconds.
- 3** Return to start position.
- 4** Slowly twist to the right and hold for 1–2 seconds.

BALL & BAND SERIES

CHEST PRESS ON BALL

target: core, chest, arms



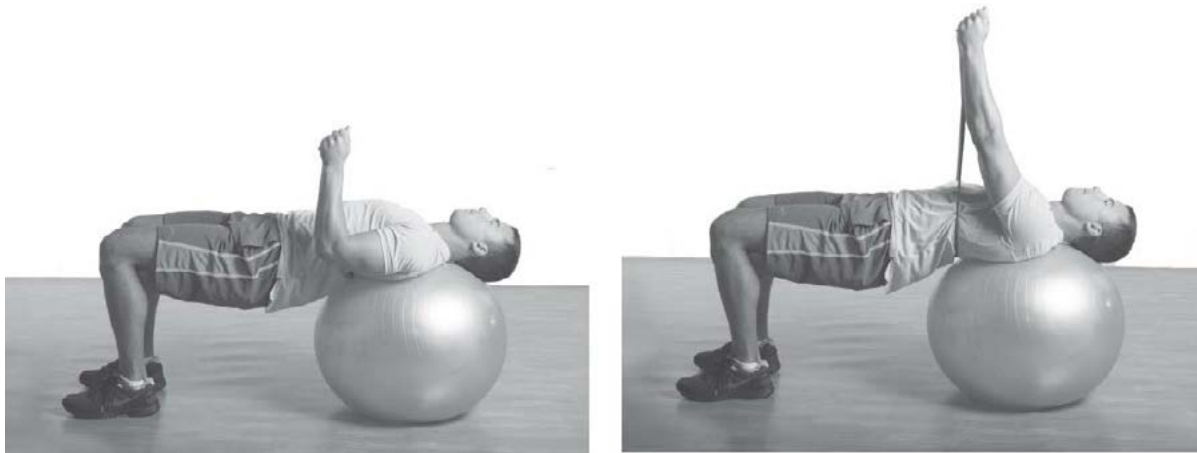
1 Sit properly on the ball and place the band behind your back and under your arms at chest height. Grab the band in each hand at a place that provides ideal resistance.

2 Press the band forward.

Slowly return to start position.

BENCH PRESS ON BALL

target: core, chest, arms



This exercise is extremely tricky and should not be done unless you have experience on a ball.

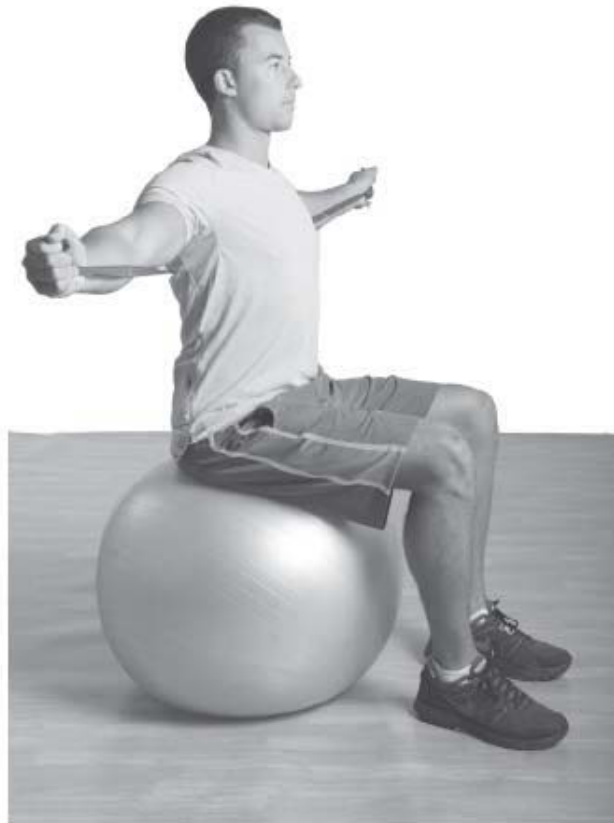
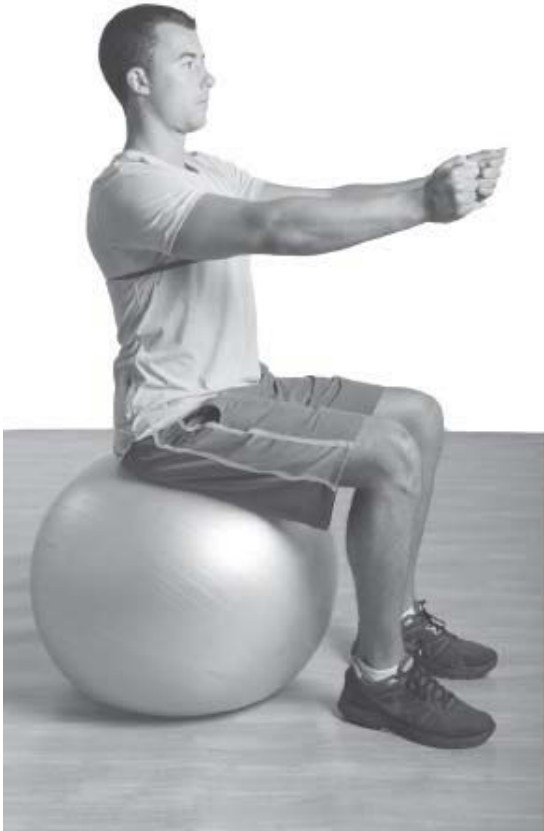
1 Sit properly on the ball and place the band behind your back and under your arms at chest height. Grab the band in each hand at a place that provides ideal resistance. Now walk your feet forward and slide your butt off the ball until your mid-back is resting on the ball.

2 Press the band to the ceiling until your arms are fully extended.

Slowly control the descent of the band.

UPRIGHT FLYE ON BALL

target: core, chest, arms



This exercise is extremely tricky and should not be done unless you have experience on a ball.

1 Sit properly on the ball and place the band behind your back and under your arms at chest height. Grab the band in each hand at a place that provides ideal resistance and extend your arms forward.

2 Slowly open your arms to the sides so that they're level with your shoulders.

Bring your arms back to start position.

WHAT IS RESISTANCE TRAINING?

Chances are you're familiar with the term "strength training." You might also know about—and even perform—weightlifting, weight training, resistance training or progressive resistance exercise. Simply put, these terms are used interchangeably by the public to describe the act of harnessing a resistance to place a load/strain on a muscle to develop muscle or improve muscular endurance.

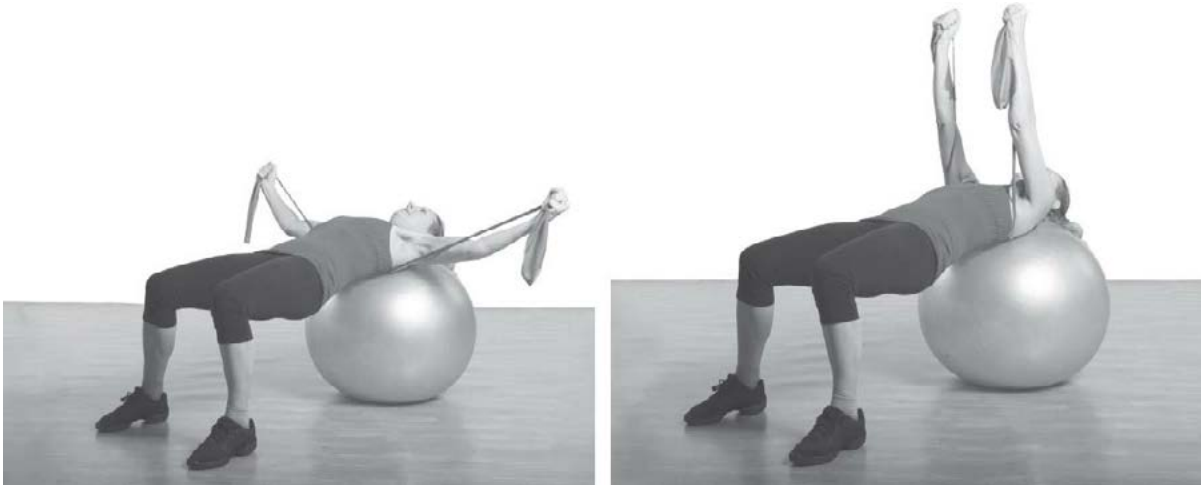
Strength training can take many forms, from lifting your own body against the resistance of gravity to using weights or exercise bands to challenge your muscles. It really doesn't matter what shape or form the resistance comes in because the ultimate goal is to improve strength, muscle size (hypertrophy), muscular endurance or power.

The best method to improve strength is often referred to as progressive resistance exercise training. Here, a person engages in a set of exercises that slowly and progressively overload a muscle. When the muscle adapts to the challenge of a load/resistance and the resistance becomes easier, the person either increases the resistance/load or performs more repetitions. The general rule of thumb is when you can perform 10–15 reps easily and correctly, you need to increase the load. In weight training you increase the weight, but in resistance band training you progress to the next harder band or combine two bands together.

As you improve in strength, it's advised to increase the volume of work you perform by adding "sets" to your workout. Two to three sets of each exercise are ideal.

RECLINING FLYE ON BALL

target: core, chest, arms



This exercise is extremely tricky and should not be done unless you have experience on a ball.

1 Sit properly on the ball and place the band behind your back and under your arms at chest height. Grab the band in each hand at a place that provides ideal resistance. Now walk your feet forward and slide your butt off the ball until your mid-back is resting on the ball. Slowly lower your arms toward the floor, stopping when they're parallel to the floor.

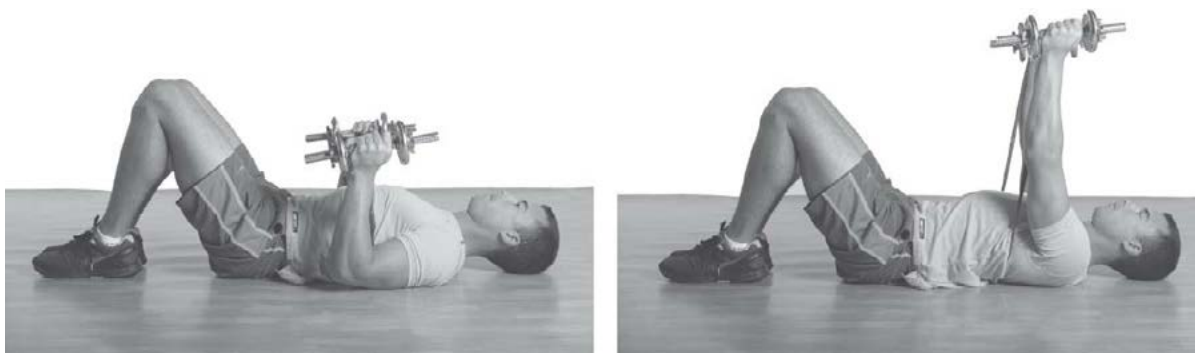
2 Slowly bring your arms together until your arms are fully extended to the ceiling.

Slowly lower your arms back to start position.

DUMBBELLS & BAND SERIES

CHEST PRESS WITH DUMBBELLS & BAND

target: chest

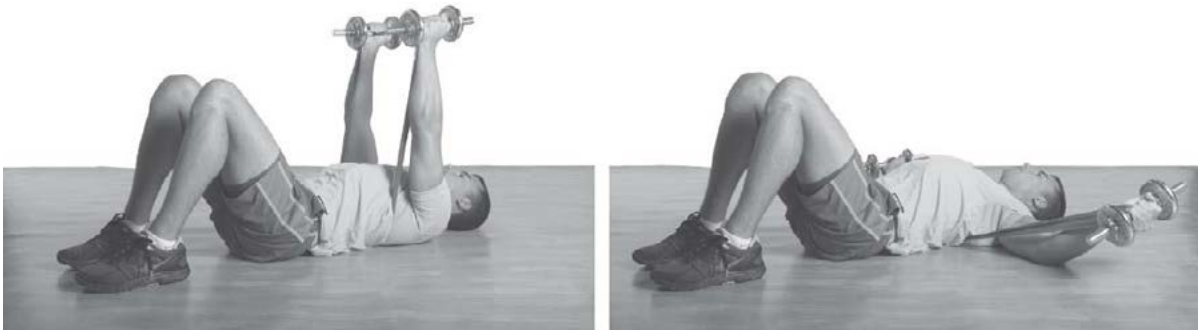


1 Hold a dumbbell in each hand with the ends of the band wrapped around the handles and the band wrapped around your back, under your armpits. Your hands should be at your chest with palms facing each other. Lie on your back with your feet flat on the floor.

2 Press the dumbbells to the ceiling until your arms are fully extended. Slowly control the descent of the weights back to start position.

CHEST FLYE WITH DUMBBELLS & BAND

target: chest



1 Lie on your back with your feet flat on the floor. Hold a dumbbell in each hand with the ends of the band wrapped around the handles and the band wrapped around your back, under your armpits. With your palms facing each other, press the weights to the ceiling. Lie on your back with your feet flat on the floor.

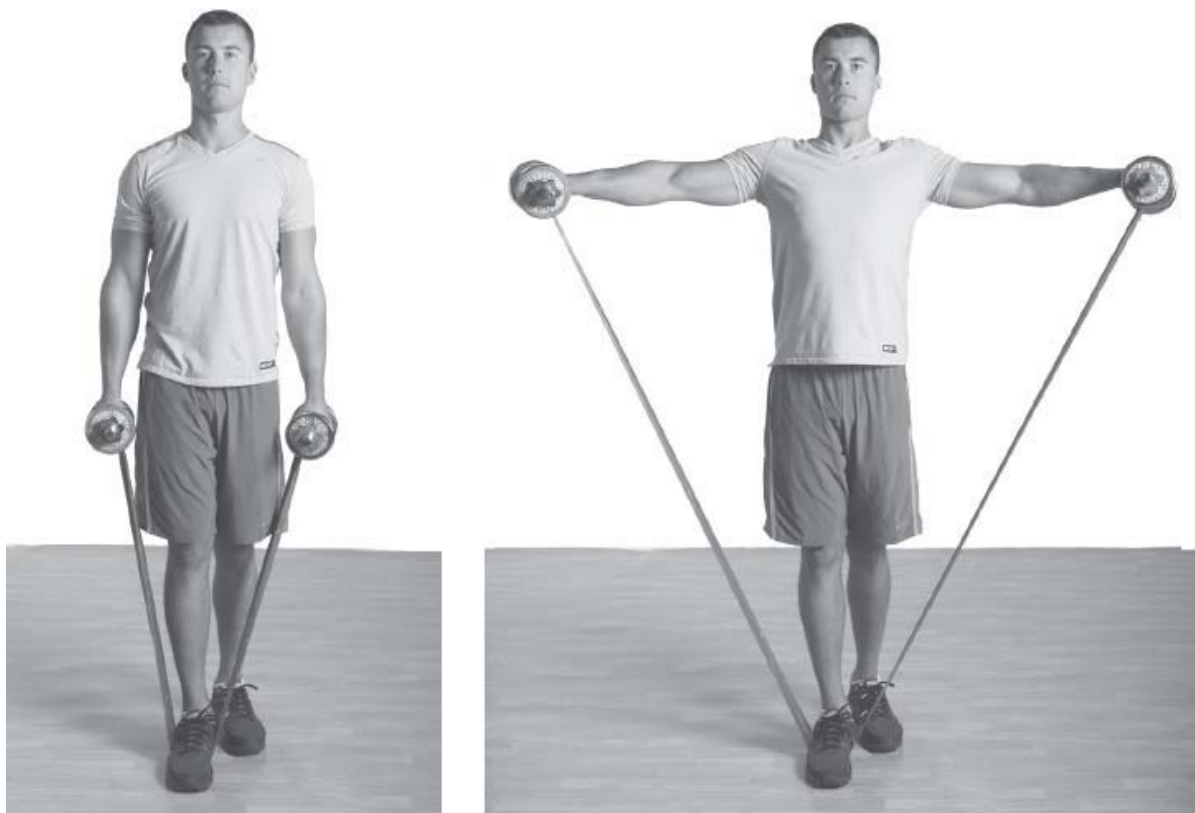
2 Keeping your arms slightly bent, lower your arms to the sides.

Return to start position.

LATERAL RAISE WITH DUMBBELLS & BAND

target: shoulders

This can be done with one or two hands.



1 Stand on the middle of the band. Hold a dumbbell in each hand with the ends of the band wrapped around the handles. Your arms should be alongside your body, palms facing your body.

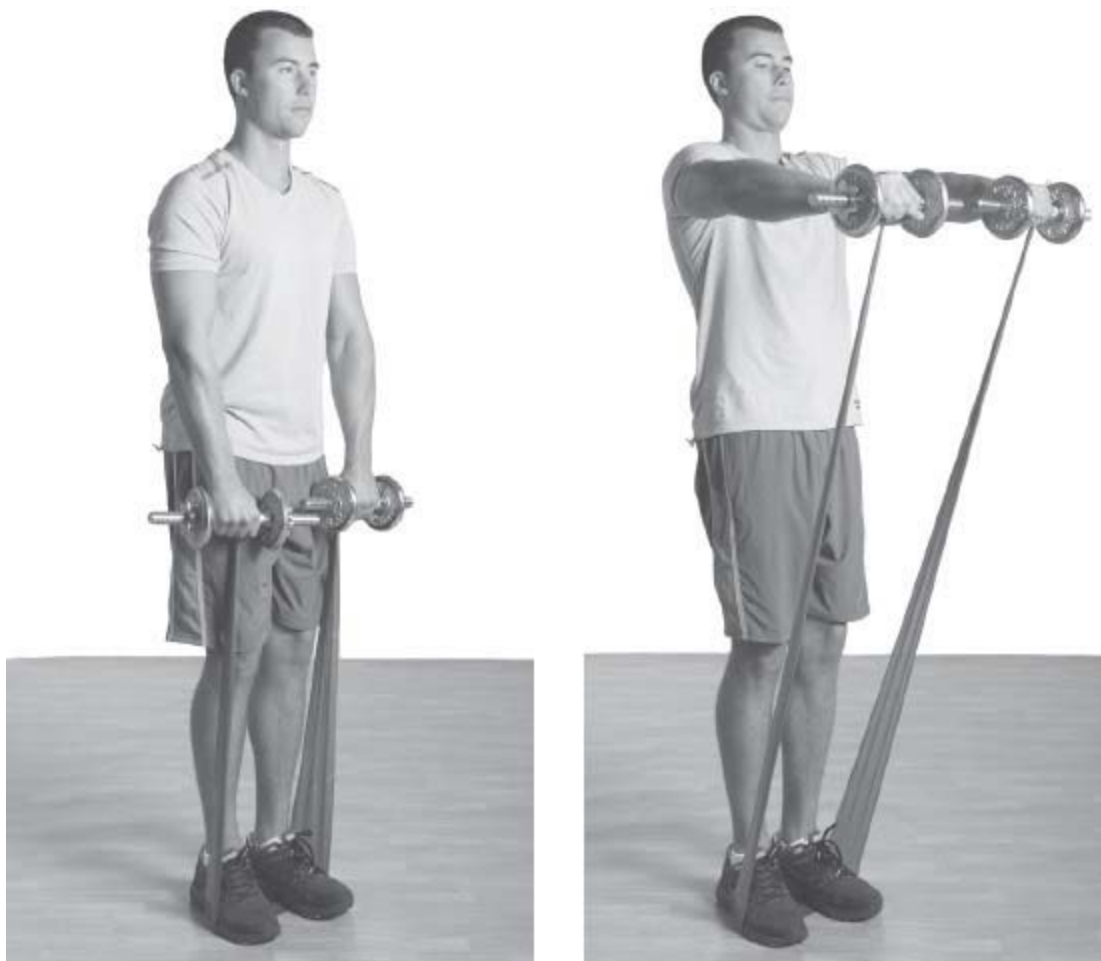
2 Keeping your arms straight, slowly raise your arms to the sides no higher than shoulder height.

Slowly return to start position.

FRONTAL RAISE WITH DUMBBELLS & BAND

target: shoulders

This can be done with one or two hands.



1 Stand on the middle of the band. Hold a dumbbell in each hand with the ends of the band wrapped around the handles. Place your arms in front of your body with your palms facing your thighs.

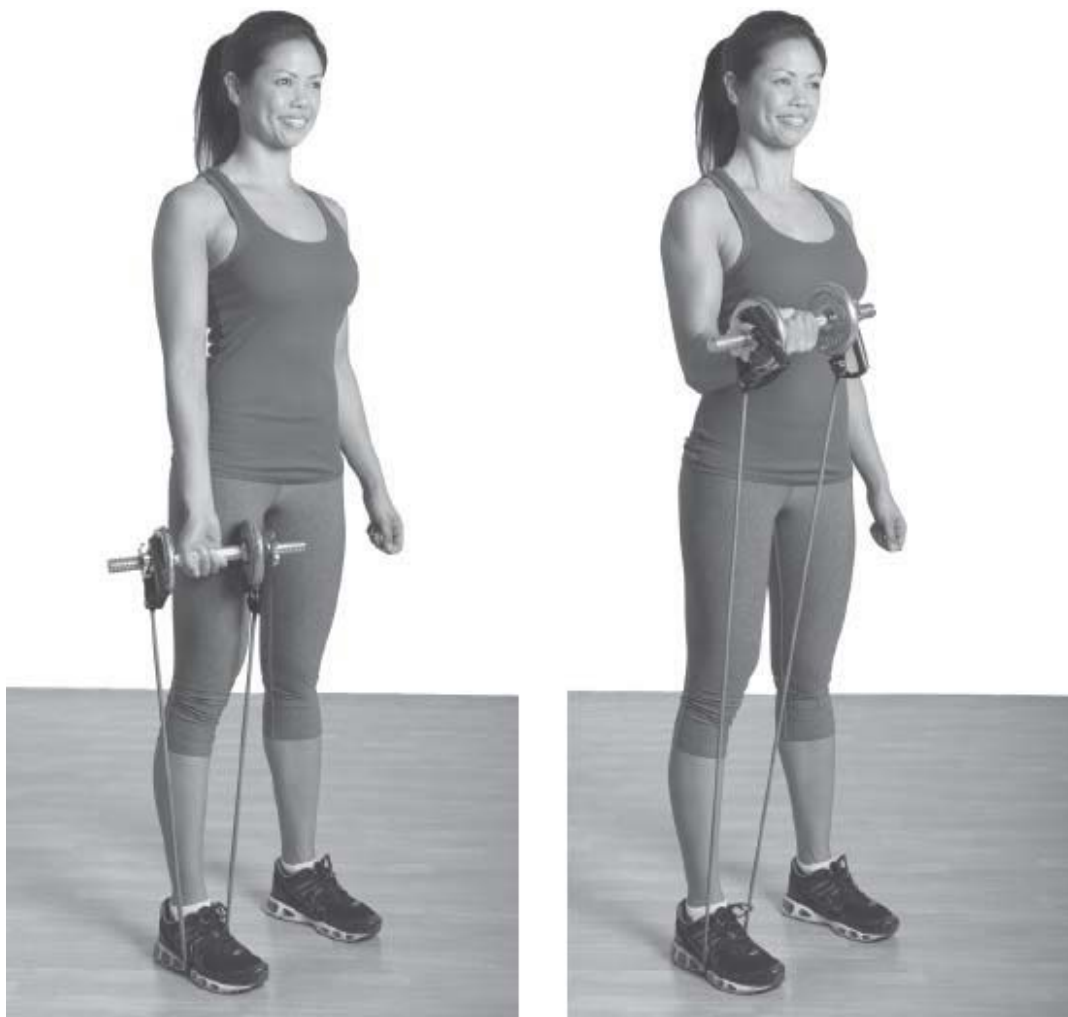
2 Keeping your arms straight, slowly raise your arms forward no higher than shoulder height.

Slowly return to start position.

BICEPS CURL WITH DUMBBELLS & BAND

target: biceps

This can be done with one or two hands.



1 Stand with proper posture, feet shoulder-width apart. Hold a dumbbell in your hand with the end of the band wrapped around the handle. Rest your arm along your side.

2 Keeping your elbow next to your torso, slowly curl your hand to your shoulder. Slowly return to start position. Do not allow the band to determine the speed of descent.



BODBANDS

