**WARNING:** DO NOT wrap bands around any part of your body including but not limited to neck, legs, wrists, waist, or any other part of your body. This may result in serious injury or death.

1) **WARNING:** It is recommended that you consult with a physician before beginning any new exercise routine.
**Standing Core Twists**

**Bicep Curls**

**Shoulder Stretch**

**Cross Body Reach**

**Upright Rows**

**Tricep Extensions**

**Squats**

**Lunge**

**Row Using Door**

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