

FULL BODY RESISTANCE BAND WORKOUT

Beginner



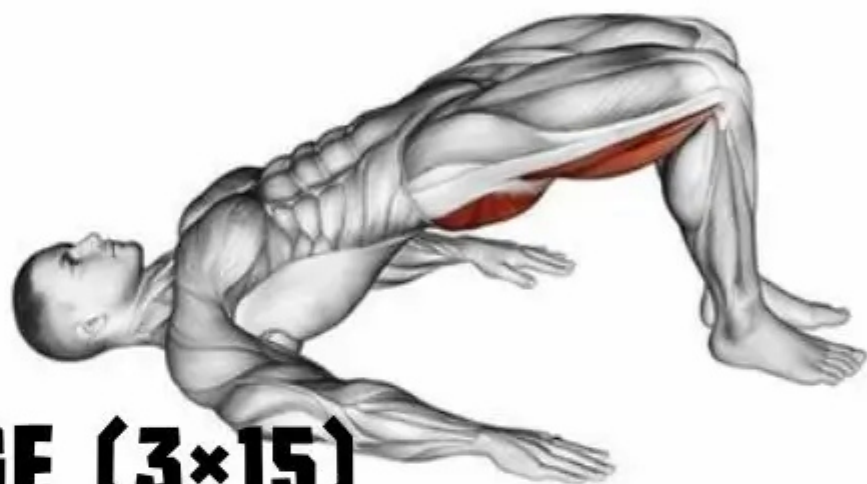
SQUAT (3×12)



BICEP CURL (3×12)



GLUTE BRIDGE (3×15)



PALLOF PRESS (3×10)



FULL BODY RESISTANCE BAND WORKOUT

Intermediate



LUNGE (4×10 EACH LEG)



SHOULDER PRESS

(4×12)



ROW (4×12)



WOOD CHOP (3×12)



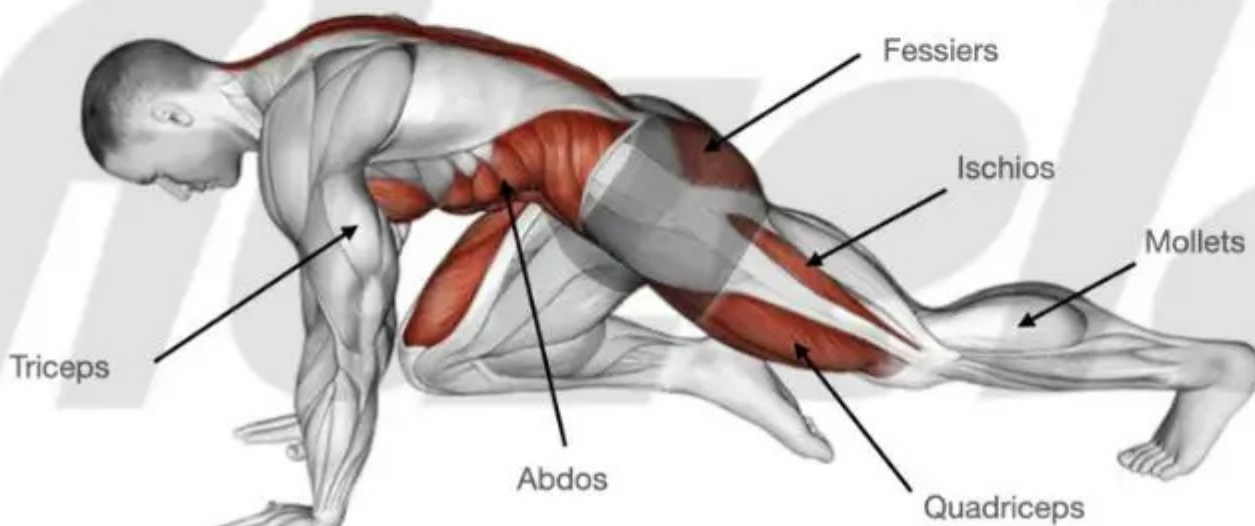
FULL BODY RESISTANCE BAND WORKOUT

Fat Loss Circuit



**(Circuit × 4) JUMP
SQUAT (15)**

**BURPEE TO BAND
PULL (10)**



MOUNTAIN CLIMBER (20)



RUSSIAN TWIST (20)



FULL BODY RESISTANCE BAND WORKOUT

Muscle Growth



GOBLET SQUAT

(4×12)



REVERSE FLY

(4×15)



TRICEP EXTENSION (4×12)

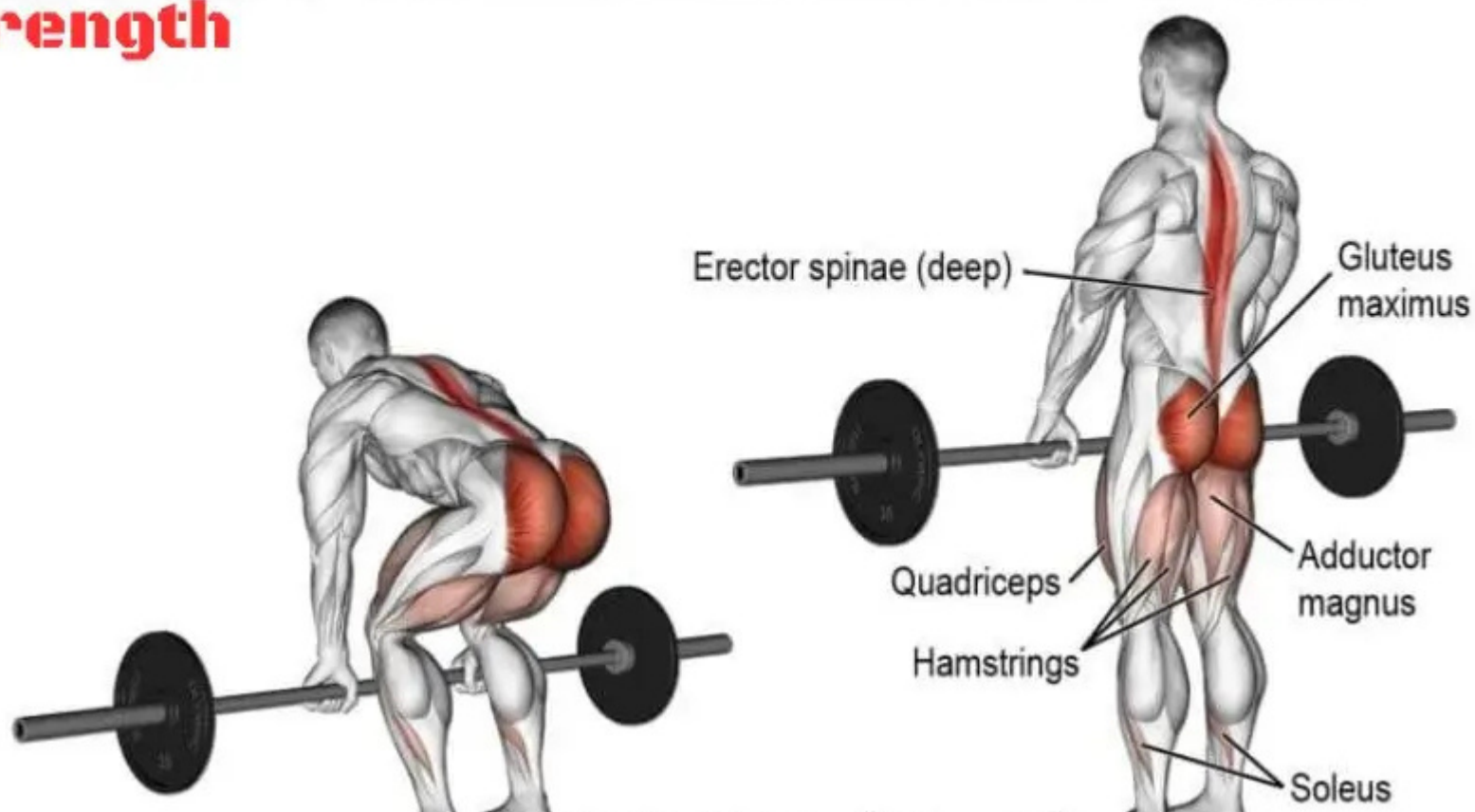


LEG RAISE (3×15)



FULL BODY RESISTANCE BAND WORKOUT

Strength



DEADLIFT (4×8)



CHEST PRESS (4×8)



HAM CURLS (4×10)



PLANK LEG RAISE (3×15)



FULL BODY RESISTANCE BAND WORKOUT

Travel Workout



**LATERAL WALK
(3×20 STEPS)**



BICEP CURL (3×15)



HIP THRUST (3×15)



STANDING ROTATION (3×12)

