



**Notes :**

Exercise guidelines recommend 2-3x resistance training per week. This session gives you a full body workout of all major muscle groups with elastic bands and starts with a warm-up (Ex 1-3). Adjust the tension in the band to feel some challenge, focus on quality of execution and go at your own pace. An appropriate tension should give you a challenge within 10-15reps. You might use different tension for different exercises.

**1 Jogging on the spot**

Jog or walk with high knees on the spot.



Sets: 2 Duration: 60s.

**3 Warm-up Knee-elbow**

Stand with your feet wide apart.  
Lift your knee to the opposite elbow  
Return and repeat with the other leg.



Sets: 2 Duration: 60s.

**5 X-band side walk**

Place a band on the ground and step onto it.  
Stand shoulder width apart and cross the band to make an "X".  
Bring the band back around your legs and hold it in front of your hips.  
Bend your knees and keep your back straight and step laterally back and forth.  
Do not let the knees cave in.



Sets: 2 Duration: 45s. Rest: 30-60s.

**2 Shadow boxing**

Shadow boxing.



Sets: 2 Duration: 60s.

**4 Squat + arms abduction**

Stand up with your feet shoulder width apart and put a band behind the glutes and hold the 2 ends.  
Push the hips back as you flex the knees to go down into a squat.  
At the same time, raise the arms up in front in a 30-45 degree angle with the thumbs up.  
Keep the spine neutral.



Sets: 2 Duration: 45s. Rest: 30-60s.

**6 Press with band**

Sit up nice and tall in your chair with your back away from the backrest.  
Wrap the band behind your back and bring it up under your armpits.  
Grasp the band so your hands sit at chest level.  
Activate your core.  
Use your chest muscles to push your hands forward against the resistance of the band, straightening your arms until your elbows are almost straight.  
Do not go so far that your upper back rounds.  
Pause, slowly return to the start position, and repeat.



Sets: 2 Duration: 45s. Rest: 30-60s.



**7 Shoulder abduction w/ elastic**



Stand straight with your arms by your side and hold a piece of tubing in each hand.  
Keep your arms straight and at shoulder level.  
Pull your arms by stretching the tubing as wide as possible.  
Hold for the recommended time.  
Relax and return to the starting position.



Reps: 10-15 Freq: daily Tempo: SLOW

**8 Hip extension with band**



Hold a band with both hands on a chair or a table, with your back flat and your ribs down.  
With the band around the sole of your foot lift the leg up and bend the knee.  
Keeping your hips leveled and the back flat, perform a back kick against the resistance of the band, to work the buttock.



Sets: 2 Duration: 45s. Rest: 30-60s.

**9 Bilateral elbow flexion alternate (band)**



Stand up on the center of the elastic holding both ends in your hands.  
Keep your back straight and pull the elastic towards your shoulders by bending your elbows in alternation.  
Return to the initial position and repeat.

Sets: 2 Duration: 45s. Rest: 30-60s.

**10 Power turn**



Stand up with the soft end of the powerswing trainer under one foot (either one).  
With your arms straight in front of you, rotate your trunk to one side, then to the other side, keeping the arms straight.  
Perform the movement in a slow, controlled manner.

Sets: 2 Duration: 45s. Rest: 30-60s.