



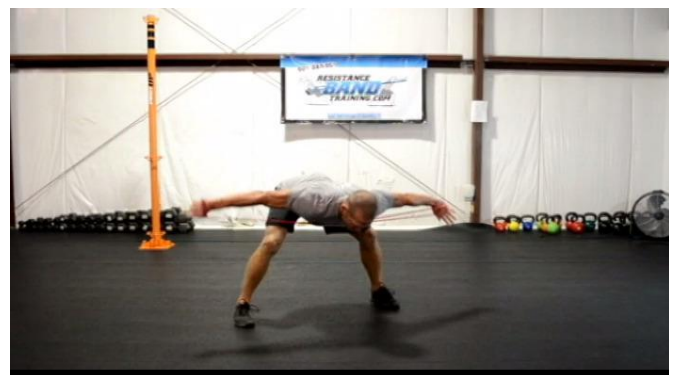
RESISTANCE BAND TRAINING EXERCISES

Single Band Back Workout



Seated Rows

Workout Plan: **Round 1** - Alternate between these two exercises performing 30 seconds of work followed by 15 seconds of rest x 12 total sets (6 of each exercise) Rest 1 Minute and move on to the next 2 exercises



Bent-over Pull-a-Part



RESISTANCE BAND TRAINING EXERCISES



Lawn Mower Pull Right

Workout Plan: Round 2 - Alternate between these two exercises performing 30 seconds of work followed by 15 seconds of rest x 12 total sets (6 of each exercise)



Lawn Mower Pull Left