



RESISTANCE BAND TRAINING EXERCISES

Leg Workout



Speed Squats Keep Dynamic Stabilizer On

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



Lateral Hop



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Reverse Lunge Left

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)



Reverse Lunge Right