



RESISTANCE BAND TRAINING EXERCISES

Bicep – Triceps Workout



Hammer Curl

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



Triceps Press



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Supine Curl

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)



Rotational Triceps Press