

# Resistance band workout for beginners



Ab Roller

You can use a resistance band to target the entire body -- chest, back, shoulders, arms and legs. These are basic exercises suitable for beginner or intermediate exercisers. If you're new to strength training and/or resistance bands, take your time with each move and perfect your form. Start with one set of eight to 16 repetitions of each exercise using a light or medium resistance band, adding sets gradually. For each move, there are suggested band levels -- light, medium, or heavy. Some exercises may require a heavier band, while upper body moves may require a lighter band.

For many exercises, you can control the tension by your positioning and/or by where you grab onto the band.

- Warm up with five to 10 minutes of cardio, such as jump in place or skipping rope
- Cool down with a stretch
- Do this workout two to three non-consecutive days a week
- Do this in addition to regular cardio exercise for best results.

**Chest press**

Wrap the band around a sturdy object behind you and hold handles in each hand, beginning the move with elbows bent and arms



Chest Press with Elastic Band



Criss Cross Outer Thigh



Lat Pull Down with Elastic Band



Biceps Curl Lean Back

parallel to the ground. Squeeze the chest and press the arms out without locking elbows. Return to start and repeat. Medium-heavy band.

**Seated row**

Wrap the band around a sturdy object in front of you, arms extended and palms face each other. Squeeze the back to pull the elbows in just a bit past the torso, keeping them close to the body. Release and repeat. Medium-heavy band.

**Lat pulls with bands**

Stand or sit holding a resistance band in both hands up over your head. Hands are wider than shoulder-

width apart and back is flat, abdominals engaged. Keep the left hand in place and contract the upper back muscles to pull the right elbow down towards the ribcage. Press back up and switch sides.

**Triceps overhead extensions**

Sit or stand and hold a resistance band in the right hand straight up overhead and directly over your shoulder. Your palm should face the front and you can use your other hand to support the right arm. Bend the elbow and lower the arm a bit behind your head. Contract the back of the arm to pull the resistance back up.



Butt Blaster

**Biceps curls lean back**

Sit, holding a resistance band or tube in both hands, palms facing out. Contract the bicep (front of the arm) and curl the band towards your shoulder while you slightly lean back. Keep the abdominals tight.

**Criss-cross outer thigh**

Lying on the floor, take legs straight up with band wrapped around feet. Criss-cross the bands and hold either side in the opposite hand. Squeeze the glutes to open the legs out to the sides as far as you can. Medium-heavy band.

**Butt blaster**

On hands and knees, wrap band around right foot, holding onto handles with each hand. Begin with right knee bent and flex the foot while extending the right leg straight back, squeezing the glutes. You may need to wrap tube around hands to adjust tension. Repeat for all reps and switch sides. Medium-heavy band.

**Ab roller**

On a mat on your knees, push the ab roller until you straighten the arms and shift your weight forward. Keep your back straight and abs contracted. Go as far as you comfortably can.

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