



15 Minute Workout: Resistance Bands



1. Place the circle band around your ankles.
2. Stand on the center of the long band with your right foot, holding the handles/ends with elbows at your sides.



3. Lean forward extending your left leg backwards.



4. Return to starting position and curl your fists to your shoulders (bicep curl).

Repeat these steps 10 to 15 times (repetitions).



1. Place the circle band around your ankles. Step on the center of the long band with your left foot.



2. Lean forward extending the right leg backwards.



3. Return to starting position and extend your arms out to your sides, parallel to the floor.

Tip: Keep your body and core tight. Make sure to bend at the hips, not the waist.

Repeat steps for 10 to 15 repetitions.

1. Place the circle band around your ankles. Stand with your feet shoulder-width apart holding a resistance band above your head. Keep your arms straight.



2. Sink into a squat.

Tip: Keep your knees behind your toes.

3. As you stand up, extend your arms to your sides until your elbows are bent to 90 degrees with the band in front of your chest. Make sure to squeeze your shoulder blades.

4. Return to starting position.

Repeat for 10 to 15 repetitions.

1. Place the circle band around your ankles. Start with the long band wrapped behind your back. Grasp the band at chest level.
2. Extend your arms in front of your body, keeping your elbows slightly bent.

Tip: Avoid locking your elbows when straightening your arms.

3. Return to starting position.

Repeat for 10 to 15 repetitions.



1. Place the circle band around your ankles. Stand on one end of the long band while grasping the other end behind your back.

Tip: Keep elbows bent at 90 degrees and close to your ears.

2. Extend your arms fully upward.
3. Return to starting position.



Repeat for 10 to 15 repetitions.