

Resistance Band Workout Beginner.xlsx

Exercise	Muscle Group	Secure band	Band tension	Reps	Sets	Rest
Warmup, 5 minutes, Cardio or walking						
Squat	Quads, Glutes	Step on band, secure under midfoot	Heavy	10 to 15	3	30-45 Sec
Band Good morning	Hamstrings	Step on band, secure under midfoot	Heavy	10 to 15	3	30-45 Sec
Band Split Squat	Quads, Glutes	Step on band, secure under midfoot	Heavy	10 to 15	3	30-45 Sec
Standing Chest press	Chest	Fix band to stationary object	Heavy/Med	10 to 15	3	30-45 Sec
Standing Band Row	Back	Fix band to stationary object	Heavy/Med	10 to 15	3	30-45 Sec
Band Overhead Press	Shoulders	Step on band, secure under midfoot	Med	10 to 15	3	30-45 Sec
Standing bicep curl	Arms	Step on band, secure under midfoot	Med/Light	10 to 15	3	30-45 Sec
Standing Band lateral raise	Shoulders	Stand on band; Can Step with one foot	Light	10 to 15	3	30-45 Sec
Standing tricep o'head extension	Arms	Stand on band; Can Step with one foot	Light	10 to 15	3	30-45 Sec
Light Stretching to finish						