

maudesport

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# BEN'S RESISTANCE BAND WORKOUT

**“Resistance bands are great for a full-body workout, indoors or outdoors. If you’re keeping fit, your body will be strong and help you to cope with stress and also fight illness.”**

Rock out with the band! Resistance bands are a great addition to any work out routine, and they come in a variety of sizes, lengths, and resistance levels.

They’re compact and lightweight, perfect for home use and making the most of a small space.

The most common types of bands are tube bands with handles or loop bands (aka giant rubber bands).

***Ready, set, stre-e-e-etch!***

**TIME:** 10 to 20 mins

**INSTRUCTIONS:** Choose three to five moves below. For each move, complete 15 to 30 reps (but no more than 30) or do as many reps as possible in 30 to 45 seconds, then immediately continue to the next exercise. Aim to complete three to five rounds in total.



## LATERAL WALK

Wrap a resistance band around your thighs, and slowly lower down into a half-squat position. Lift your right foot and take a step to the right, following with your left foot. Then reverse the movement to return to your starting position. That’s one rep.



## SINGLE-LEG DEADLIFT

Stand up straight with your feet slightly staggered. Wrap a resistance band around your front foot, and hold the other end in two hands. Hinge at your hips, lean forward, bend your knees slightly, and lower down until your hands go just below your knees. Slowly return to start. That’s one rep. Complete all reps on one side, then switch to the other.



## DEADLIFT

Stand with your feet hip-distance apart. Wrap a resistance band around your feet. Grab the top of the resistance band with both hands, and stand up straight. Hinge at your hips and lower down, with a slight bend in your knees, until your hands go just past your knees. Slowly return to start. That’s one rep.



### LATERAL LUNGE TO CROSS-BODY ROW

Stand with your feet slightly wider than shoulder-distance apart. Wrap a resistance band around your left foot, and hold the other end in your right hand. Bend your left knee, and lean into your left side, bringing your right hand down toward your left foot. Then stand up straight, bend your right elbow, and bring your hand toward the right side of your chest. That's one rep. Complete all reps on one side before switching to the other.



### CLAMSHELL

Lie on your side, with a resistance band wrapped around your thighs, and your body propped on your forearm. Bend your knees, so they're facing forward, with feet behind your body. Maintaining this position, lift your top knee as far as you can, then lower back to start. That's one rep. Complete all reps on one side before switching to the other.



### BICYCLE CRUNCH

Lie flat on your back, wrap a resistance band around your feet, and place your hands on the sides of your body. Bring your left knee toward your chest as you extend the right. Then switch sides. Keep your lower back firmly planted on the ground. That's one rep.



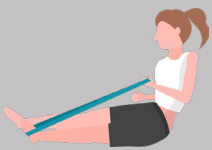
### BANDED LEG LOWER

Lie down on the ground. Wrap one end of a resistance band around your right foot, and hold the other end in both hands. Lift your legs in the air, so they form a 90-degree angle with the rest of your body. Slowly lower your left leg until it nearly touches the ground, then return to start. That's one rep. Complete all reps on one side before switching to the other.



### PLANK WITH TAP

Wrap a resistance band around your ankles, then get into a high plank position, with your shoulders stacked over your wrists. Keeping your core tight and pelvis stable, lift your right foot and tap it a few inches to the right. Return to start. Then repeat on the left side. That's one rep.



### SEATED SINGLE-ARM ROW

Sit up straight, with your legs extended and feet flexed. Wrap a resistance band around your left foot, and hold the other end with your left hand. Keeping your legs and torso stable, pull the band backwards until your hand reaches the left side of your body. Return to start. That's one rep. Complete all reps on one side before switching to the other.



### BENT-OVER ROW

Stand with your feet hip-width apart, hinging forward at your hips, and knees slightly bent. Wrap one end of a resistance band around your left foot, and hold the other end in your left hand. Keeping your body stable, pull the resistance band up, until your left hand nearly reaches the left side of your body. Slowly return to start. That's one rep. Complete all reps on one side before switching to the other.



### OVERHEAD SQUAT

Wrap a resistance band around your forearms, and stand with your feet shoulder-width apart. Raise your arms overhead. Sit your hips back, bend your knees, and lower down until your thighs are nearly parallel with the floor. Push through your heels and rise back to start. That's one rep.