

RESISTANCE *Band* SHAPE YOUR BODY

Lower Body	Standing Kickback 	Calf Extension 	Pull Through 	Hip Flexor 	Lunge
	Leg Lift 	Romanian Dead Lift 	Hamstring Curl 	Abduction 	Adduction
Back	Row 	Back Fly 	Bent-over Side Raise 	Bent-over Row 	Lower Body Squat
	Russian Twist 	Bicycle 	Reverse Crunch 	Sit-up 	
Upper Body	Front/Side Raise 	Core Kneeling Crunch 	Crunch 	Reverse Wood Chop 	Twist
	Pulldown 		Shoulder Press 	Upright Row 	Face Pull
Upper Body	1-Arm Lat Pulldown 	Lat Pulldown 	Tricep Pushdown 	Tricep Kickback 	Tricep Extension
Total Body	Thruster 	Upper Body Curl 	Standing Chest Press 	Chest Fly 	Push-up