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AEROBIC BANDS WORKOUT CHART

Aerobic bands are excellent for muscle rehab after injury, help prevent future injuries and are the perfect addition to your training routine.

SUITABLE FOR



STRENGTH



BALANCE



FLEXIBILITY



TONING



CORE



CARDIO

REVERSE SHOULDER EXTENSION



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

STANDING SIDE RAISE



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

LEG RAISE - BEGINNER



DO 8 REPS ON EACH LEG. HOLD POSITION FOR 30 SEC AND SLOWLY MOVE BACK TO START POSITION. COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

LEG RAISE - ADVANCED



DO 8 REPS ON EACH LEG. HOLD POSITION FOR 30 SEC AND SLOWLY MOVE BACK TO START POSITION. COMPLETE 2 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

OBLIQUE STRETCH - BEGINNER



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

OBLIQUE STRETCH - ADVANCED



DO 8 REPS AND COMPLETE 3 SETS. ADD 2 REPS EACH WEEK. 30 SEC REST BETWEEN SETS.

LEG EXTENSION



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Resistance Band Exercise Guide

Peter Carlisle



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