

RESISTANCE LOOP WORKOUTS

UPPER BODY



External Rotation



Hammer Curl



Pull Apart



Tricep Overhead Extension



Tricep Extension

CORE



Bicycle



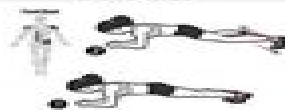
Hanging Mt. Climber



High Plank Jack



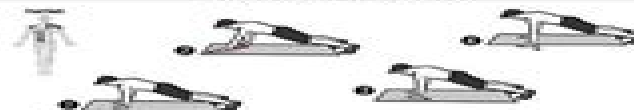
Lateral Plank Walk



Low Plank Jack



Leg Raise



Plank Tap

BACK



Bent Over Row



Chin-Up



Pull-Up



Single Arm Row



Pulldown

LOWER BODY



Drop Squat



Fire Hydrant



Glute and Lateral Raise



Lying Hip Abduction



Hip Hinge



Lunge



Lateral Lunge



Linear Diagonal Walk



Monster Walk



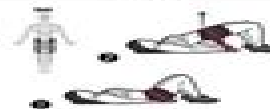
Donkey Kick



Seated Clam



Single Leg Box Squat



Glute Bridge



Single Leg Glute Bridge

TOTAL BODY



Bear Crawl



Seal Jack



Switch Jack



Squat Curl Press

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Charles Warrenne Allen



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