



Get Fit  
On The Road!

## Stef's Full-Body Resistance Bands Workout

Grab your bands, a yoga mat, an anchor mount, and find a pole or tree!  
Wrap the bands at chest height for all exercises that require an anchor.

Do 10-15 reps of each exercise for 3 sets.  
Exercises should feel challenging & uncomfortable.  
If they don't, use harder bands!

### EXERCISE 1: Reverse Lunge with Biceps Curl

Attach single handle. Lay band loop on ground. Step on it with right foot, hold in right hand. Lunge left leg back and do biceps curl. Keep all weight on leg holding band! Hold on for balance. Repeat other side.



### EXERCISE 2: Squats with Shoulder Raise

Attach single handle. Step on band with both feet placed slightly wider than hips. Grasp handle in both hands with straight arms, overhand grip. Drive hips back and very slowly squat down while raising the handle to parallel to floor with straight arms.



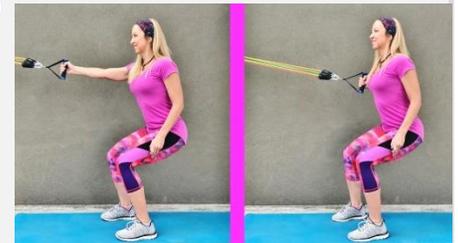
### EXERCISE 3: Standing Core Twists

Use anchor mount & single handle. Stand faced away from mount. Hold handle in both hands, straight arms. Position near-foot back with heel raised, & far-foot forward. Rotate torso away until band touches arm, arms stay straight. Repeat other side.



### EXERCISE 4: Single Row with Squat Hold

Use anchor mount & single handle. Extend arm towards pulley. Back up so there's tension on the band with your arm straight fwd. Squat down, and stay like that. Pull handle to side of torso while pulling shoulder back & pushing chest fwd. Slowly straighten arm returning to start.



### EXERCISE 5: Alternating Fwd Lunge with Chest Fly

Use anchor mount & both handles. Stand faced away from mount, arms straight out to sides. Move forward until there's tension on the bands. Start movement by lunging right foot fwd and bringing handles together in front of you with straight arms (but don't lock elbows). Return to start. Now alternate by lunging left.



### EXERCISE 6: Pallof Press Core Strengtheners

Use anchor mount & single handle. Stand sideways to anchor. Engage core and slightly bend knees. Grasp handle with both hands and hold it in center of chest. Step away from anchor until band has much tension. Holding that position, press the handle straight forward. Do both sides.



### EXERCISE 7: Lying Rear Delt Fly Curl

Use anchor mount & both handles. Lie on your back with feet towards the anchor and head & shoulders lifted. Scoot back enough so that there's tension on the bands. Knees are bent and core is tight. From here, open handles so arms come out to sides and head comes down.



### EXERCISE 8: Side Lying Adductor Crunch

Use anchor mount & single handle. Lie on your side with your head towards the anchor, arm straight up to sky holding handle, and scoot down enough so the band has tension. Lower hand is under head. Keeping arm straight, drive handle towards top knee. Lift knee towards handle. Lift shoulder enough so that you roll up so head's propped on elbow. Do both sides.

