

Resistance Band Exercises

Squats with a Standing Row



Oblique Tilts



Outer Thigh (Abductor)



Lateral Shoulder Raise



Front Shoulder Raise



Leg Extensions / Leg Curls



Bow & Arrow



Bent Over Rows



Overhead Press



Reverse Abdominal Crunch



Abdominal Twists



Two Arm Bicep Curl



One Arm Bicep Curl



Bicycles



Two Hand Triceps Extension



Chest Press



Chest Flys

