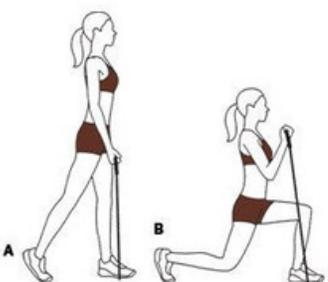


Exercises to do with your Resistance Bands

Resistance bands offer a cost-effective workout that you can do anywhere! You can use resistance bands to exercise almost every major muscle group in your body. You can easily change the level of difficulty depending on your current fitness level. Simply make the band tighter to make the workout more difficult or even add multiple bands. You can pick as many exercises as you like and change the how many you do of each exercise as needed.

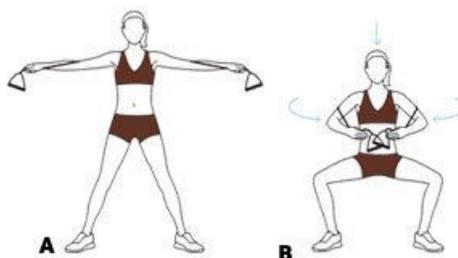
1



Lunge with Biceps Curl

(A) Place the center of the band under the arch of your left foot and position your right foot about two feet behind you. (B) With an underhand grip on the band's handles, perform a biceps curl while bending your knees to lower into a lunge position. Repeat 20 times. Switch legs and repeat.

2



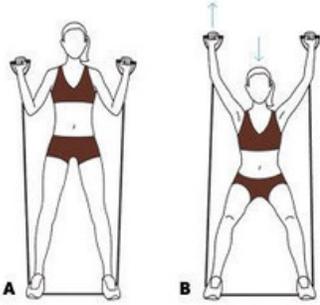
Hug-the-World Squat

(A) Stand with feet wider than shoulder-width apart, toes out. Wrap the band around your back at bra level. Extend arms to sides, slightly curved, while holding the band just before the handles. (B) Bring fingertips together and bend knees until thighs are parallel to the floor. Open arms while returning to start. Repeat 20 times.

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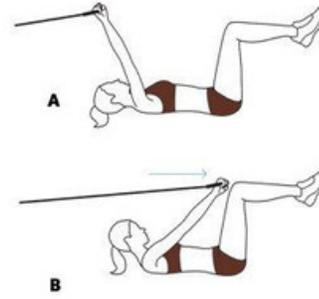
3



Squat with Overhead Press

(A) Stand in the middle of the band with feet parallel and shoulder-width apart. Hold handles at shoulder height, with palms facing away from you and elbows bent. (B) Squat deeply while pressing your arms directly over your head. Keep your weight on your heels and resist the band as you return to standing position. Repeat 20 times.

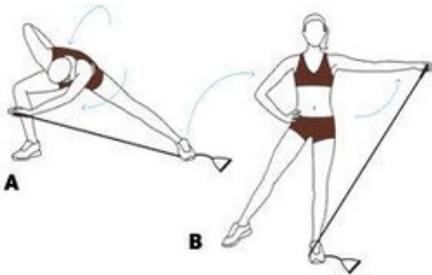
4



Crunch with Lat Pull-Down

Loop the band around a stable object, like a doorknob. (A) Lie on your back, gripping the band's handles with arms extended. Raise your legs and bend your knees so your shins are parallel to the floor. (B) Crunch your upper body forward while drawing your arms toward your knees. Roll back to starting position. Repeat 20 times.

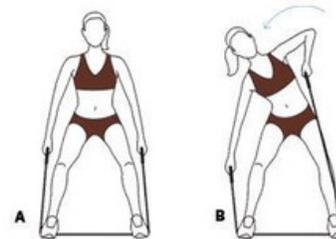
5



Side Lunge With Side Raise

Stand with feet wider than shoulder-width apart, one end of the band under left foot. Grip other handle with left hand. (A) Step into a lunge with right foot; sweep left hand down toward right foot. (B) Push off with right foot to return to standing; raise right leg as you perform a lateral raise with left arm. Repeat 20 times; switch sides.

6



Monkey

(A) Stand on the center of the band with your feet parallel and wider than shoulder-width apart, knees soft, and handles in hands. (B) Bend your torso to the right while drawing your left elbow upward. Alternate sides briskly. Repeat 20 times. (And no cheating: Two sides equal one repetition!)