

## **Emily's Resistance Band Strength Training Workout**

*Created by Jenny Houlahan, <http://fitnesshealthandfood.com/>*

### **Directions**

- Warm up prior to performing this workout. I am a big fan of warming up with 5 rounds of Surya Namaskara A (Sun Salutations).
- If you are unfamiliar with resistance bands, please see my 'Piece de Resistance Band Workout' for notes on resistance band technique and suggestions for where to buy them.
- Adjust the resistance of your band so that your muscles fatigue after 8 to 12 repetitions of each exercise.
- If you don't have a resistance band feel free to perform this workout with any two items of equal weight such as dumb bells, water bottles or canned food.
- Perform this workout in a circuit, moving quickly from one exercise to the next.
- Perform 1, 2, or 3 rounds of the circuit as desired. Take a 1 minute break in between each round.
- If any exercise hurts, do not do it.
- If at any time you feel the need to slow down, take a break, or stop please do so. Your health and safety are most important.

### **#1 Squat and Overhead/Military Shoulder Press**

### **#2 Alternating Cross Body Biceps Curls**

Note: Perform 8 to 12 reps on each arm, 16-24 reps total.

### **#3 Side Lunge**

Note: Wrap the band around the non-lunging foot for this exercise. Wrap the band around the right foot, lunge 8 to 12 times to the left. Remove the band, wrap it around the left foot, and lunge to 8 to 12 times to the right.

#### **#4 Straight Leg Dead lift, Biceps Curl, and Overhead Press**

Note: Maintain a slight bend in your knees as you perform the dead lift.

#### **#5 Alternating Single Arm Row**

Note: Perform 8 to 12 reps with each arm, 16 to 24 total.

#### **#6 Two Arm Triceps Kickback**

#### **#7 Plie / Wide Squat with Biceps Curl**

#### **#8 Alternating Front and Lateral Shoulder Raises**

Note: Maintain a slight bend in your elbow throughout this exercise. Arms raised to the front and then the side = 1 rep. Perform 8 to 12 total reps.

#### **#9 Jack Knife or Leg Lifts (Chose the exercise that you feel most comfortable with)**