

Body & Soul COACHING

FITNESS • NUTRITION • MINDSET

Weight Loss Workshop Workouts: Full Body Resistance Band Workout

Full Body Circuit 1

A1



Resistance Band Squat with Overhead Press

- stand on resistance band with feet hip width apart. hold handles at shoulder height
- keep abs tight and weight on your heels
- Initiate movement with hip flexion, then knee flex to go into a squat position
- as you return to standing position brings arms straight overhead

A2



Resistance Band Bicep Curl: Mid Level

- Stand with feet hip width apart, keep shoulders down and back, and abdominals contracted
- With resistance band anchored at shoulder height, grasp handles with a underhanded grip
- keeping upper arm steady, bring hand to shoulder
- Return to starting position for 1 repetition

To increase intensity, increase strength of band or step farther away from the anchor point of the band you are using

A3



Resistance Band Lateral Steps Alternating

- Stand on band with feet together, holding handles at waist or shoulder height (depending on how much resistance you want)
- Step to the side, keeping your toe and knee facing forward
- Bring foot back to center
- Repeat on other side

-You can also do all reps on one side, moving across the floor and then return

A4



Resistance Band Split Squat

- Stand with one foot in front of the other & the resistance band under the front foot
- holding handles at shoulder height, lower body keeping your back straight, abs in, until both knees are at a 90 degree angle
- Return to start for one rep

A5**Resistance Band Standing Row Mid Level**

- Stand with feet apart, knees relaxed, abs pulled in and shoulders down & back
- Holding tube with hands in neutral grip (palms facing each other) pull both arms back until elbows are past midline of your body
- return to starting position, reaching all the way through your scapula

A6**Resistance Band Tricep Kickback**

- With resistance band anchored at waist height or above, hold a handle in each hand with an overhand grip
- bending at the waist, keep abs pulled in tight and knees bent
- elbows should be inline with your back and should not move
- extend your hands back until your arm is in a straight line
- return to starting position

be sure not to move from the shoulder, only from the elbow.

A7**Resistance Band Chest Press**

- Stand facing away from resistance band
- hold arms at shoulder height, palms facing down
- Extend arms forward without locking elbows
- Return to starting position