

THE ULTIMATE RESISTANCE LOOP BAND WORKOUT GUIDE

Sculpt, Tone and Build You New Body
Without Leaving Home



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Resistance Loop Band Video Workout Guide

Do you prefer watching video, than reading an ebook?

If so, then please take a look at our Getting Started Resistance Loop Band Video workout guide online. Access to it is available inside the Instruction Manual included in your package.



Marin, is a fantastic instructor and demonstrates all her favorite exercises that she does with our Fit Simplify Resistance Loop Bands.

Introduction

Resistance band training provides an ideal entry point into the resistance exercise arena. Training with a band will not only allow you to get a challenging workout in, but it will allow you to do so cost effectively and on the go. With just your band and your body, you'll never be too far from the gym.

While resistance band training is a fantastic transitional tool for those who are new to resistance exercise, it also has a key role in the training mix of intermediate and advanced trainers.

In this book, we'll discover how a unique type of resistance band called the resistance loop band can make your workouts even more effective. We'll then examine the proper technique points to maximise the use and reduce the injury risk when using the loop band.

Finally, we'll step you through a series of resistance loop band training regimes designed for beginner, through intermediate and advanced trainers.

Chapter One (Why Loop Bands?)

Resistance band training has been a part of the exercise mix for over a century. They were created in the early 1900's from surgical tubing and first used in the rehabilitation of patients with atrophied muscles. Over the past twenty years, resistance bands have had a resurgence as a result of slick new designs and marketing campaigns.

Although resistance bands are still widely used in a medical setting to help patients regain muscle, ligament, tendon and joint strength, they have also become extremely popular with the general fitness audience. Here are some key benefits of resistance band training:

- Resistance band training offers an extremely cost effective alternate to purchasing bulky equipment or joining a gym.
- Resistance bands are flexible, lightweight and extremely portable.
- Resistance bands allow you to work out on the go – when you travel, simply take the band with you.
- Because resistance bands don't work against the force of gravity they are able to provide a freer range of motion, allowing you to work in ways that you simply cannot when using barbells and dumbbells.
- Resistance band training works the muscle through both the concentric and the eccentric parts an exercise.

The Loop Band Advantage

Resistance loop bands are a modified form of resistance bands that come in the form of one continuous loop. This makes it possible to perform exercises and to target muscles in a way that you simply cannot when using a conventional resistance band unit. One unique advantage of a resistance loop band is that as you stretch the limit of the band, the resistance level increases. This allows the user to experience a very unique kind of muscular stress to that encountered when using either free weights or conventional resistance bands.

Resistance loop bands are also a very cost effective way to work out. Most bands will cost in vicinity of \$10-\$30, depending on the elasticity level, weight, thickness and length.

Resistance loop bands will provide you with a whole array of exercises that will test your muscles in a different way. But they can also be used in conjunction with conventional exercises to make them either more challenging or more achievable. A great example of the latter is using a resistance loop band as an assist when doing pull ups. To make pull ups harder you can place a loop band around your neck with a weight plate attached to it.

Chapter Two (Fundamentals)

There are a number of different types of band systems on the market.

- **Resistance Tube Bands** – Tube bands vary in thickness according to the strength of the band. Most manufacturer’s color code their tubes in relation to the equivalent weight of resistance. Most tube bands come with plastic handles to allow for gripping, placing over feet or attaching to a fixed object.
- **8-Shape Expander** – This apparatus specifically targets the hips, thighs and glutes.
- **Resistance Loop Bands** – Just like tube bands, loop bands vary in width and thickness according to their resistance level. The bands are manufactured from very high quality rubber.

Resistance band Strength Levels

Resistance bands have a similar restoring force to spring loaded weight equipment. Unlike springs, however, the force is applied only when the ends are pulled away from one another. Just like springs, resistance bands have a spring rate. That simply means that as the bands are lengthened, the resistance that they provide increases. This form of resistance is known as linear resistance variable resistance. It offers benefits over exercising with free weights as follows . . .

- Fast twitch muscle fibers are more readily targeted, allowing you to develop greater muscle power.
- Rubber band training can be combined with free weights to provide both isotonic and linear resistance training in one workout.

The resistance level of most band systems follow a color coded system based on the thickness of the band. Thicker bands will provide a greater resistance. Many systems also allow you to attach more than one band to a pair of handles to instantly double the resistance level.

Fit Simplify produces resistance bands with the following resistance levels . . .

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Band Color	Resistance Level	Resistance Poundage
Green	Extra Light	2-4 lbs
Blue	Light	6-8 lbs
Yellow	Medium	10-12 lbs
Red	Heavy	15-20 lbs
Black	Extra Heavy	25-30 lbs

The resistance levels of loop bands are measured at 100 per cent elongation. They can stretch up to 3-4 times of the unstretched length. They should not be stretched beyond this point.

Grips

Depending on the exercise you are performing, there are a variety of hand grips when using resistance loop bands.

Underhand Grip.

For exercises where you are curling or rowing the band towards your body, such as band curls, use an underhand grip. Fully enclose your fingers around the band.



Hammer Grip

Some exercises call for a palms facing each other grip, otherwise known as a hammer grip.

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Overhand Grip

The overhand grip is used for exercises which involve pushing the band away from your body (with the aid of a fixed station) or those that have you pulling the resistance toward you.

Body Position

It is important to have your body firmly set when performing your resistance band workout. When performing standing movements your feet should be shoulder width apart, with toes pointing slightly outward.

You should always have a slightly arched back and tight core. Do not give in to the tendency to round your back when the resistance becomes challenging.



Do

A key principle of resistance training is isolation of the working muscle group. When you are training your biceps, you want it to be doing the bulk of the work. If you use your back by swinging the hips or otherwise utilising momentum to get the resistance up, you will be vastly diminishing the effect of the exercise.

Door Mounting

Sometimes you will be required to secure the band to a doorway. Some bars come with a special strap that you can attach to secure the middle of the band through a doorway. If your band doesn't have one, simply take a spare piece of tubing or rope, tie it into a loop and then make a large knot in it. Secure this over the top of the door and then loop your resistance band through it.

If you are working out outside, you can anchor the band to a tree, fence or any other solid, stationary upright object.



Chapter Three (The Warm-Up)

Warming up is a too often overlooked aspect of working out. Often people are so busy that they are tempted to skip the warm-up and throw themselves directly into the workout proper. This is not a safe thing to do. Warming up gets the body ready for the intense work to come. It also minimizes the risk of injury.

A good warm-up consists of both an aerobic and an anaerobic component. Skipping is a great aerobic option. You can also jog or use a stationary cycle. 5 minutes at a steady pace is all you need to get your cardiovascular system ready for the work to come.



You are then ready to warm up your anaerobic system with some pre-workout stretching.

Pre-Workout Stretching Routine

Follow these stretching guidelines:

- (1) Move slowly into the stretched position and stretch to a point where you can feel slight tension
- (2) Relax, inhale deeply and then exhale
- (3) Hold the stretch for 15 seconds and then return slowly to the start position
- (4) Perform each stretch twice

Upper Body Stretches

Pec Stretch: Major Muscles Worked = pectoralis major and deltoids

With your elbows straight, clasp your hands together behind your back and slowly lift your arms upward. If you are not able to clasp your hands, simply reach back as far as possible. For an additional stretch, bend forward at the waist and raise your arms higher.

Tricep Stretch: Major Muscles Worked = rhomboids, deltoids and triceps brachii

With your left hand, grasp your right elbow and pull it slowly across your chest toward your left shoulder. Repeat with the other arm.

Upper Back Stretch: Major Muscles Worked = latissimus dorsi and triceps brachii

Bring both arms overhead and hold your right elbow with your left hand. Bend your right arm at the elbow and let your right hand touch your upper back. Pull with your left hand to move your right elbow slowly toward and behind your head until you feel a stretch. Repeat with your other arm.

Lower back Stretch: Major Muscles Worked = erector spinae and gluteus maximus

Sit on the floor with your legs straight in front of you. Bend your right leg, cross it over your left knee, and place the sole of your right foot flat on the floor to the outside of the left knee. Next, push against the outside of your upper right thigh with your left elbow, just above your knee. Place your right hand behind you and then slowly rotate your upper body toward your right hand and arm. Repeat with your left leg placed over your right leg and rotate toward your left hand.

Thigh Stretch: Major Muscles Worked = quadriceps

Using a wall or stationary object for balance, grasp your left foot with your left hand and pull so that your heel moves toward your left buttock (the alignment is important for avoiding stress on your knee). You should feel the stretch along the front of your left thigh. Repeat with your other leg.

Hamstring Stretch: Major Muscles Worked = hamstrings and erector spinae

Sit on the floor with your legs straight out in front of you. Flex your right leg, rotate your right hip to point your right knee out to the side and place the sole of your right foot lightly against the inside of your left knee. Slowly lean forward from your hips to move your torso toward your left

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knee. Be sure to keep the toes of your left foot pointing up with your ankles and toes relaxed. Switch the position of your legs and repeat with your right leg straight out in front of you.

Calf Stretch: Major Muscles Worked = soleus and gastrocnemius

Stand about three feet away from a wall or stationary object. Keeping your left heel in contact with the floor, place your right foot about one foot in front of your left foot with your right knee flexed. With your left knee straight, lean forward at your waist. Keep your left heel on the floor and your back straight. Repeat with other leg.

Warm Up Set

Every exercise that you perform should begin with a warm up set. This set should be done with little or no resistance for 12 - 15 repetitions with a slower than normal tempo. So, if your working set is with a red band, you should do the warm-up set with a green band.

Chapter Four (The Exercises)

Safety Considerations

Always inspect your resistance band for wear, rips or holes. Do not use a band that is impaired in this way. If you are placing the band around a tree limb, pole or any other fixed structure, always check the object to make sure that there are no nails, sharp edges or shards of glass that could rip the band.

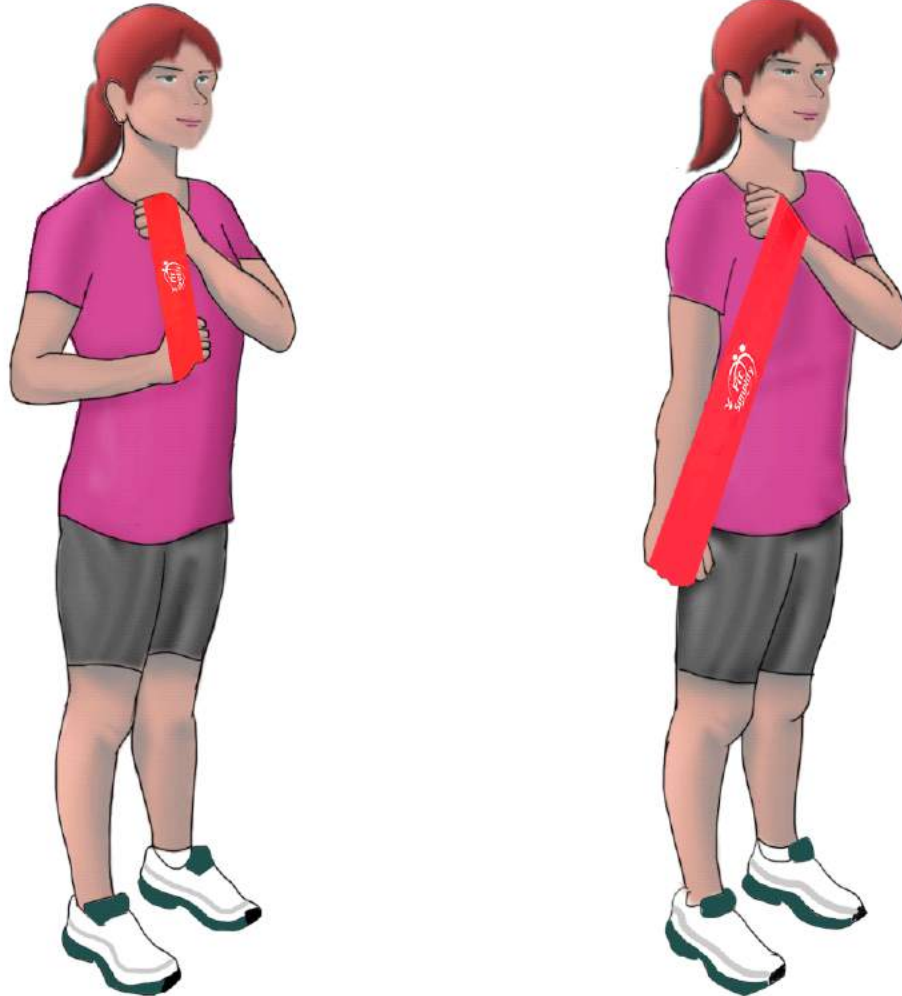
If an exercise calls for you to place the handles of the band over your feet, make sure that they are securely inserted beyond the forefoot so that they are at your mid-foot level.

If the exercise calls for you to use the door attachment accessory that may come with your resistance band system, make sure that it is securely fitted. If possible lock the door while you are using it. If this is not possible make sure that everyone knows not to come through it!

Upper Body Exercises

Tricep Extensions

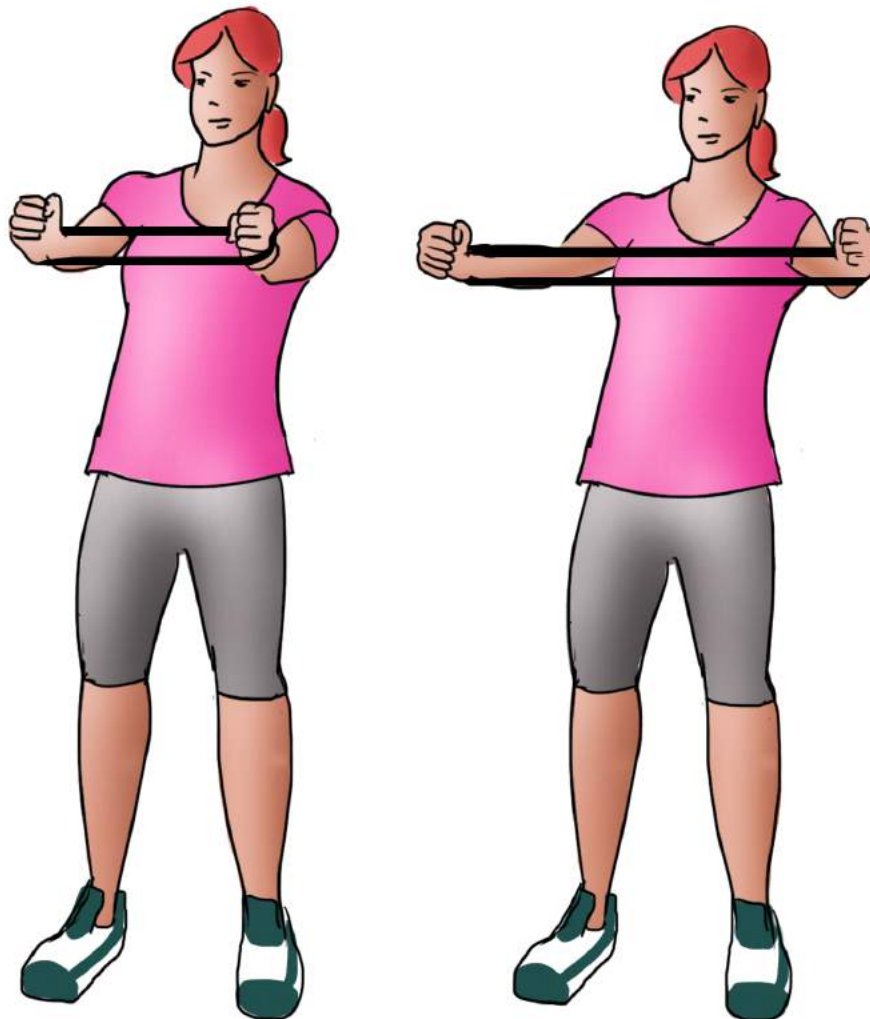
- Hold one end of the band in your left hand and brace it against your collar bone. Hold the other end in your right hand and hold it at chest level.
- Keeping your right elbow in and down, extend your right arm to full extension.
- Lower and repeat.



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Horizontal Arm Extensions

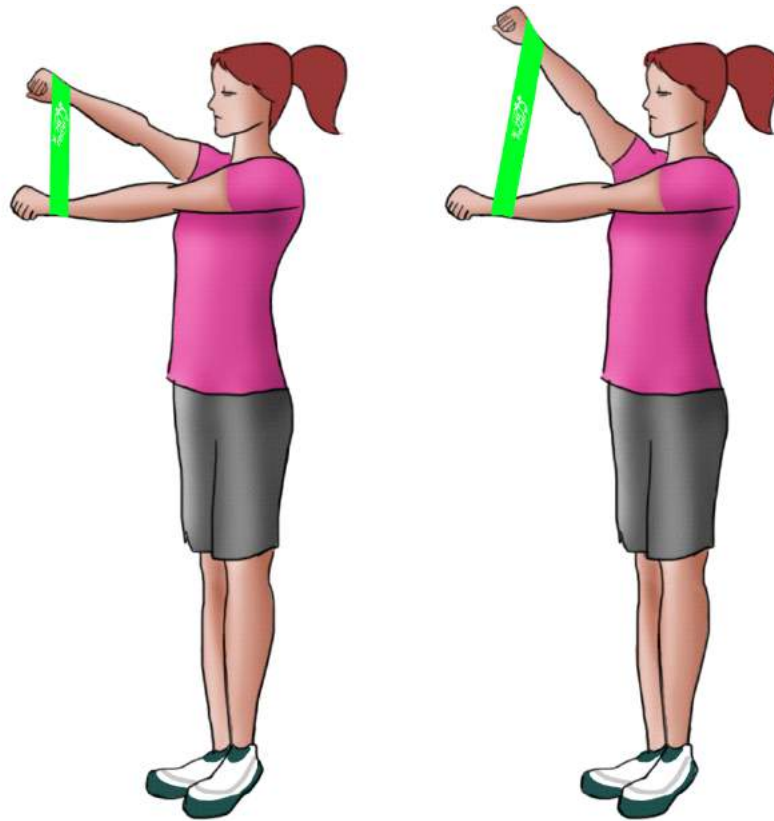
- While maintaining a straight back, place the resistance band around your wrists and put your arms in front of you.
- Keeping your arms slightly bent, pull the band apart by applying outward pressure to your forearms. Your arms should move in a horizontal plane.
- Hold the extended position for 3 seconds.
- Return to the start position and repeat.



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Vertical Arm Extensions

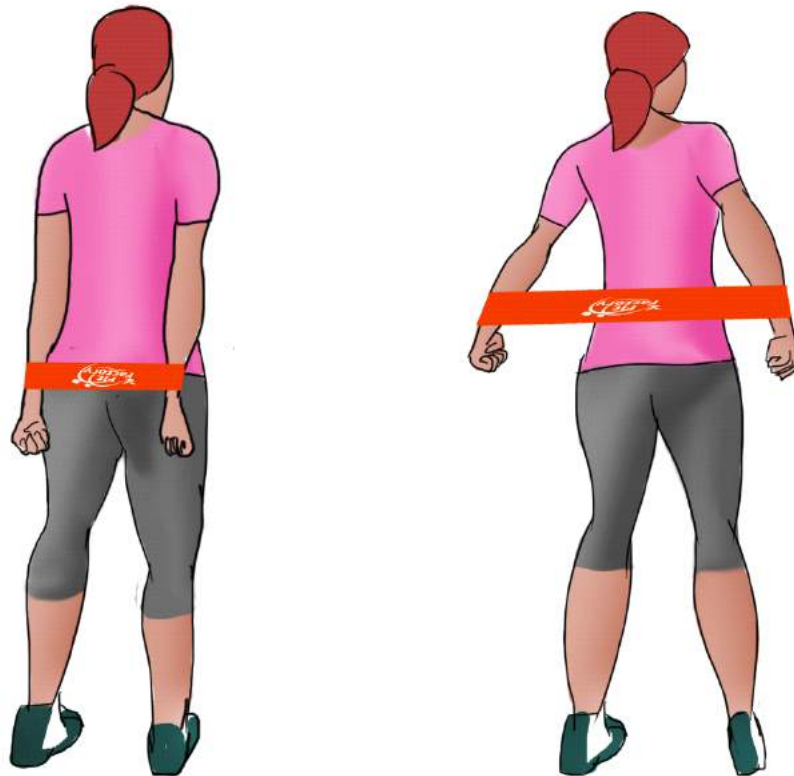
- Stand with your feet shoulder width apart, and place the resistance band around your wrists. Put your arms in front of you, with one above the other.
- Keeping your arms slightly bent, pull the band apart by applying outward pressure to your forearms. Your arms should move in a vertical plane.
- Hold the extended position for 3 seconds.
- Return to the start position and repeat.



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Rear Arm Extensions

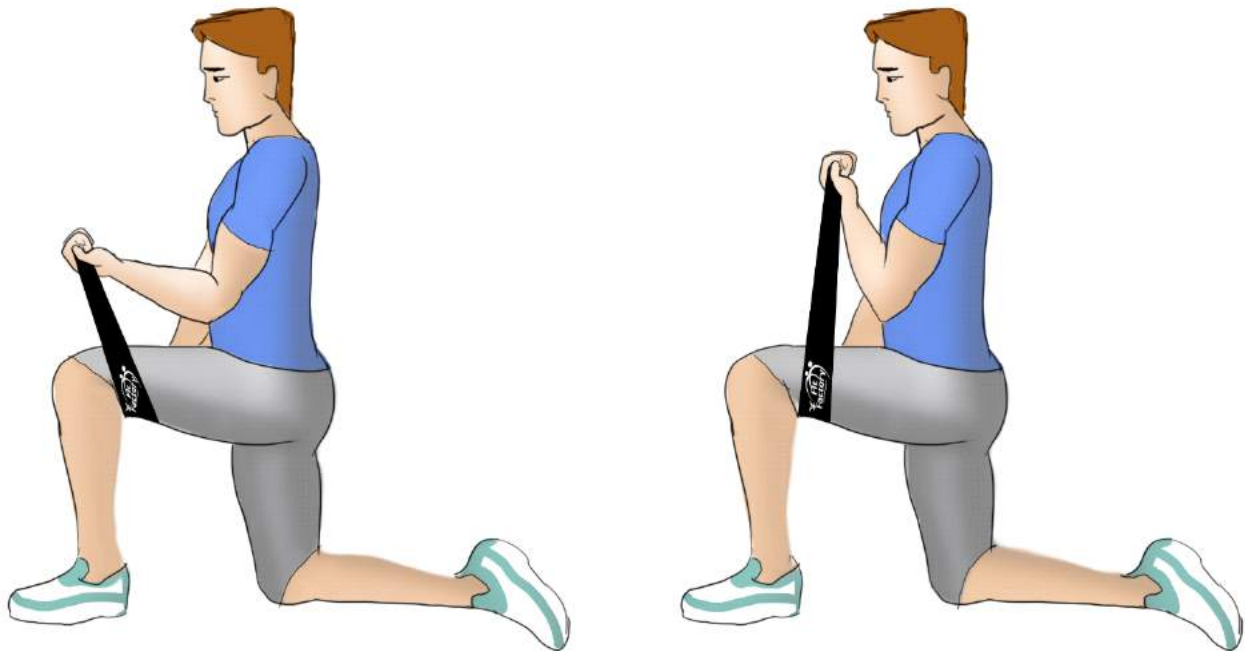
- With feet shoulder width apart, place the resistance band around your wrist and hold your arms behind you.
- Keeping your arms slightly bent, pull the band apart by applying outward pressure to your forearms. Your arms should move in a horizontal plane.
- Hold the extended position for 3 seconds.
- Return to the start position and repeat.



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Bicep Curls

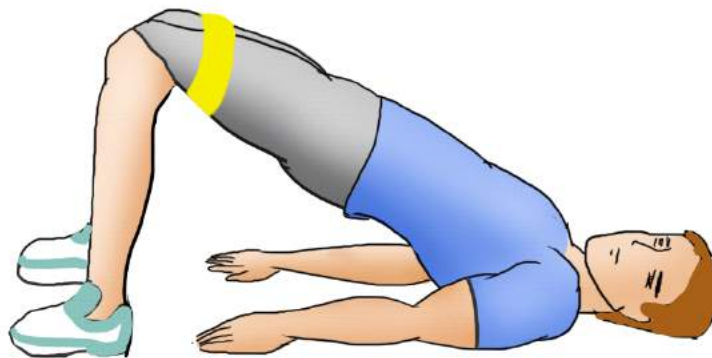
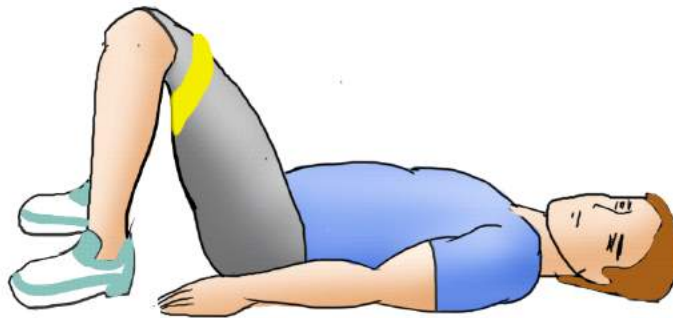
- Loop the resistance band around your left knee, and hold the other end in your left hand.
- Kneel down on the right knee and grab the loop band with palms up grip.
- Keeping your lower back arched, curl the band up to your chest level. Squeeze the biceps tightly in the fully contracted position.
- Slowly lower to the start position.



Lower Body Exercises

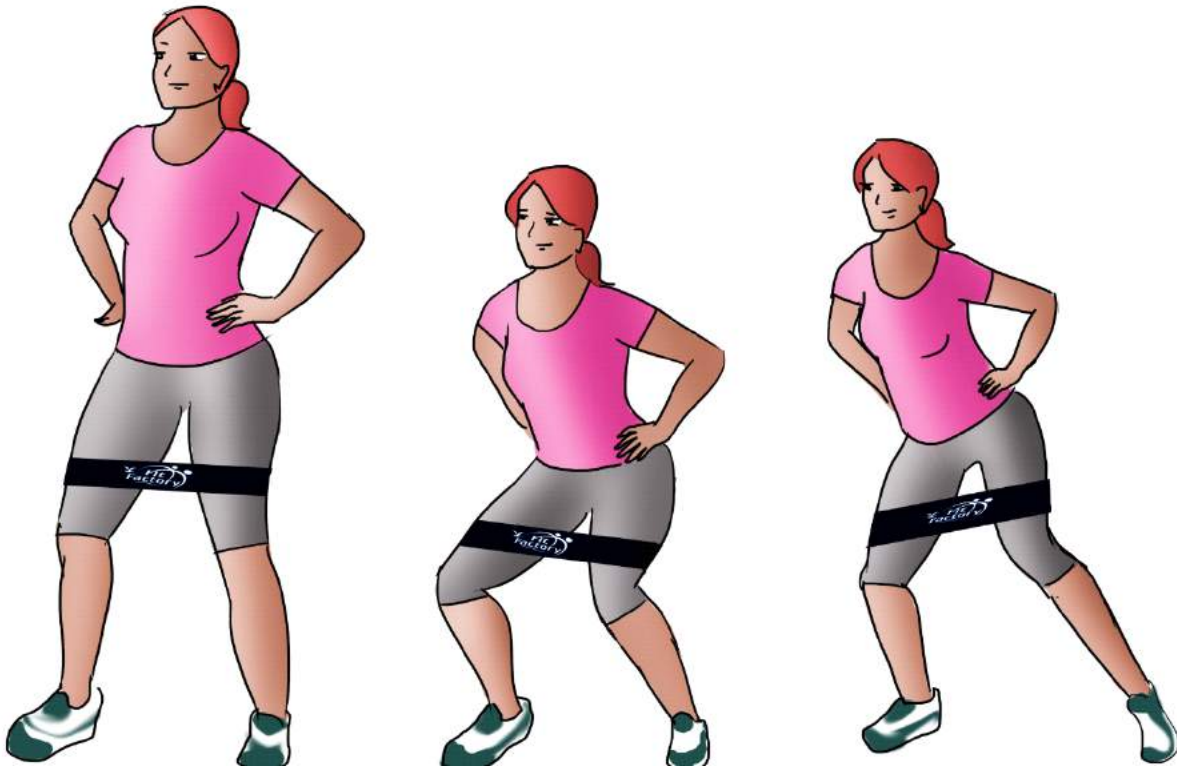
Bridge Thrusts

- Loop the resistance band around your lower thighs, just above the knees.
- Lie face up on the floor with knees bent and arms by your sides.
- Lift your hips as high as you can while keeping hands and feet firmly on the floor.
- Hold the top position for 3 seconds.
- Slowly lower to the start position.



Side Step Squats

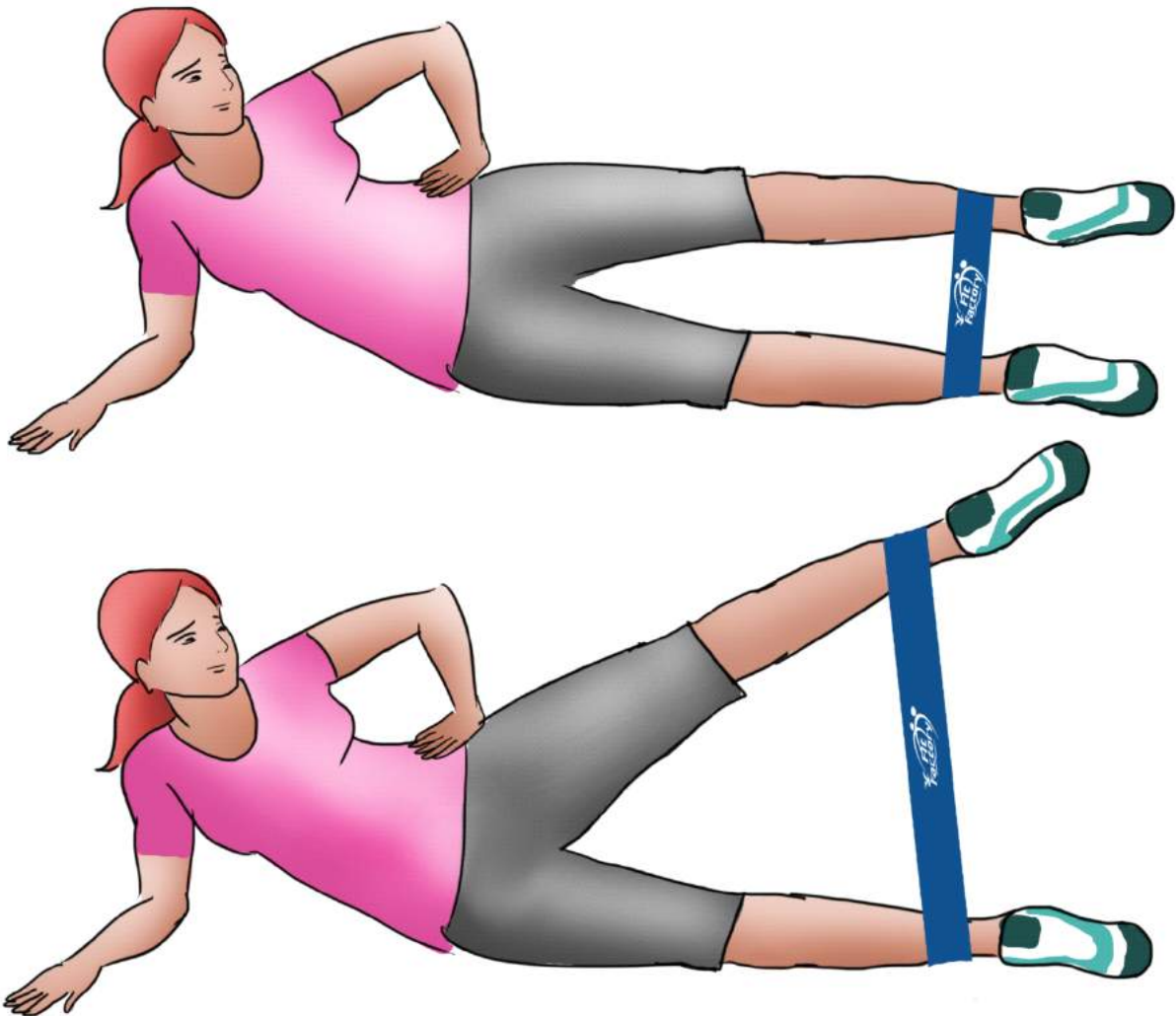
- Loop the resistance band around your lower thighs, just above the knees.
- Stand with your legs shoulder width apart.
- Move the right leg out horizontally as if doing a side step. At the same time go down into a squat position.
- Hold the bottom position for 3 seconds.
- Return to the start position.



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Lying Hip Abductions

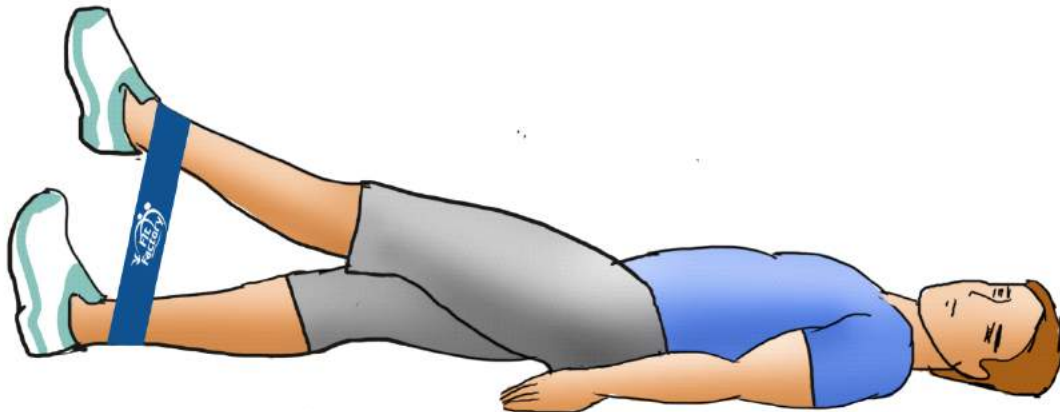
- Loop the resistance band around your ankles.
- Lie down on your right side, supporting your torso with your right arm on the floor. Your legs should be stacked on top of each other.
- Spread your legs so that they are shoulder width apart. Now lift the top leg to as full an extension as possible. Hold the top position for 3 seconds.
- Slowly lower to the start position.



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Lying Leg Raises

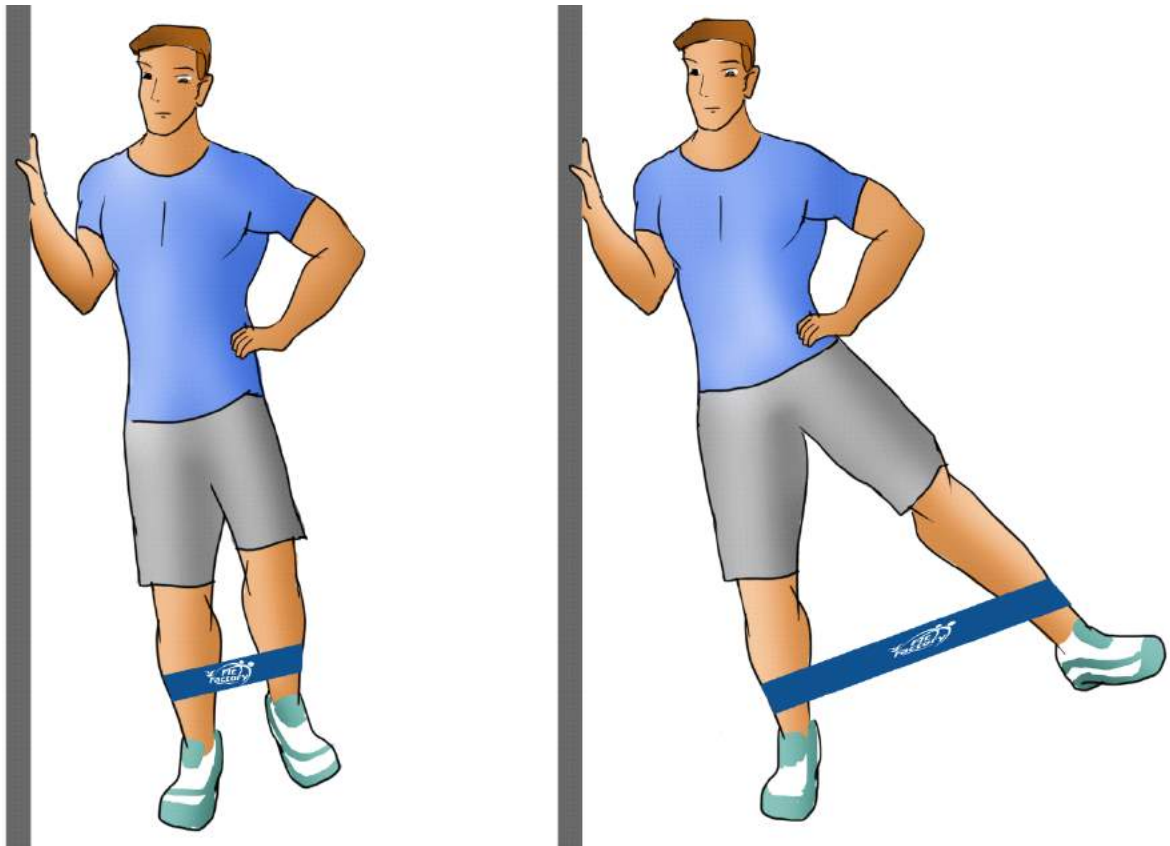
- Lie on your side with the band around your ankles.
- Brace your abs and stabilize your body with your hands.
- Squeeze your butt and lift your top leg up, keeping both legs straight. Concentrate on contracting the glutes, keeping the hips stacked and the body in a straight line.
- Lower your leg and repeat.



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Hip Abductions

- Stand with the resistance band around your ankles and your hands on your hips. Spread your feet to shoulder width.
- Extend your right foot out horizontally, keeping the leg straight. Squeeze and contract the glutes throughout this movement.
- Hold the op position for 3 seconds then return to the start position.



Chapter Five (More Exercises)

Abdominal Exercises

Oblique Overhead Extension

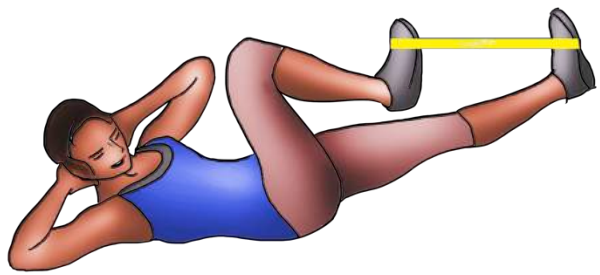
- Stand with feet shoulder width apart and hold the band in an overhand grip. Extend your arms overhead and maintain a light bend in your knees. Stretch out the band to keep it taut.
- In a controlled movement, bend to the right to feel the stretch through your oblique muscles. Hold for a 2 count.
- Return to the start position.



Bicycles

- Lie on the floor on your back. Place the resistance loop band around your feet. Place your hands behind your head, keeping your back flat on the floor.
- Raise both feet about one foot into the air. Pull your right leg towards your stomach and your left elbow toward your right knee in a crunching motion. Feel the contraction in your obliques as elbow touches the knee.
- Return to the start position and repeat with the opposite side.

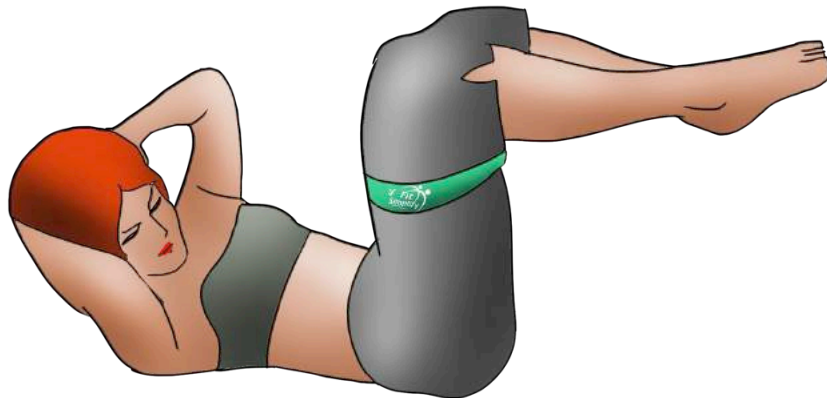
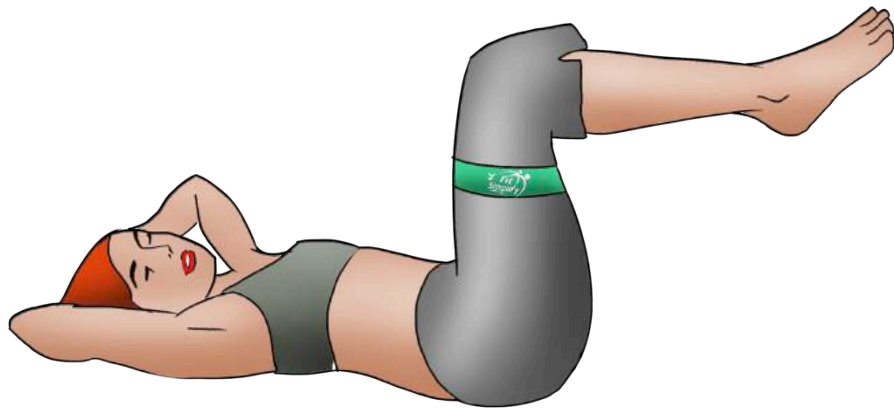
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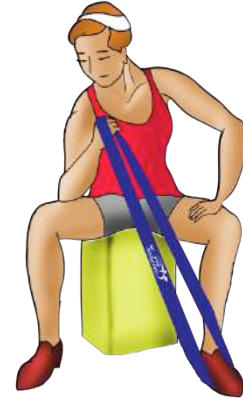
Ab Crunch with Rotation

- Lie face up on the floor with knees elevated so that the legs form a right angle in the air. Place your hands behind your head. The resistance loop band should be around your mid thighs.
- Crunch towards the opposite knee. As you come up spread your thighs apart to place tension on the band.
- Exhale as you come out, feeling the burn in your lower abs and mid thighs.



Seated Concentration Curl

- Sit on a stool, placing the resistance loop band over one foot, and grasp the band with an underhand grip in your right hand.
- Bend your elbows to bring the band toward your chest. There should be no movement through the upper torso. Squeeze the biceps at the fully contracted position.
- Return to the start position.



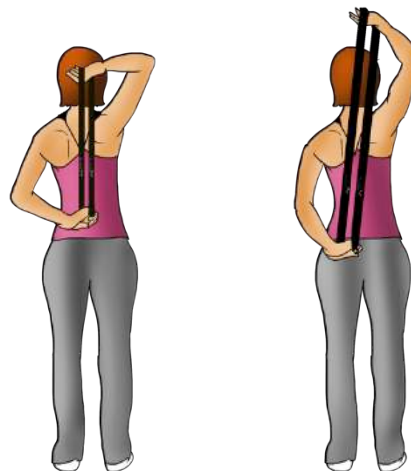
Reverse Curl

- Stand in a semi crouch position with feet shoulder width apart and the resistance band around your mid thighs. Hold the band in an underhand grip at waist level.
- Bend at the elbows to curl the band up to your chest. Keep your elbows in at the sides and forcefully contract your forearms in the top position.
- Return to the start position.

Triceps Extension

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- Stand with your feet shoulder width apart and the resistance loop band in one hand. Bring the band behind your body, taking hold of the other end with your free hand at lower back level.
- Keeping the hand by the lower back stationary, pull the band in a straight motion above your head until it becomes taut.
- Return to the start position. Perform your repetitions and then repeat with the other arm.



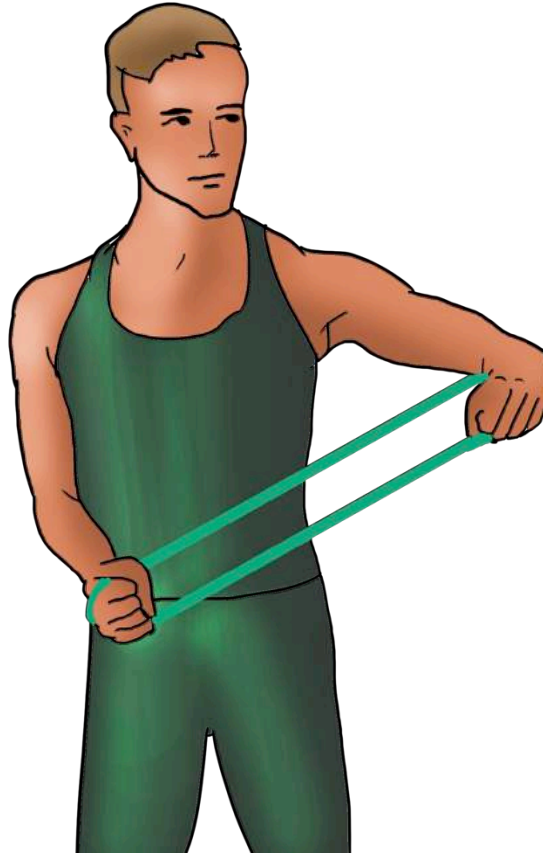
Shoulder Exercises

Lateral Arm Raise

- Stand with feet shoulder width apart with the resistance loop band around your forearms.
- Lift your straightened arms to chest level.

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- Push from the shoulder to stretch the band out as far as you can. Hold this position for 5 seconds. Slowly return to the start position, resisting the pull of the band.



Back Exercises

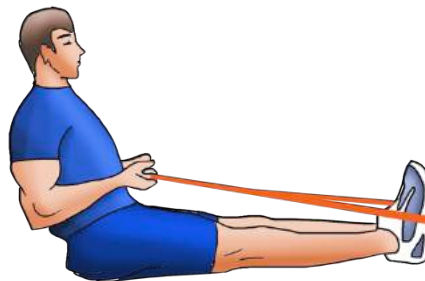
Lat Pull-down

- Stand with feet shoulder width apart and the resistance loop band held above your head at arms length,
- Simultaneously pull the band down and out with each arm, initiating the pull in the muscles of your upper back, not your arms.
- Hold the fully contracted position for a second and then slowly return to the start position.



Seated Rowing

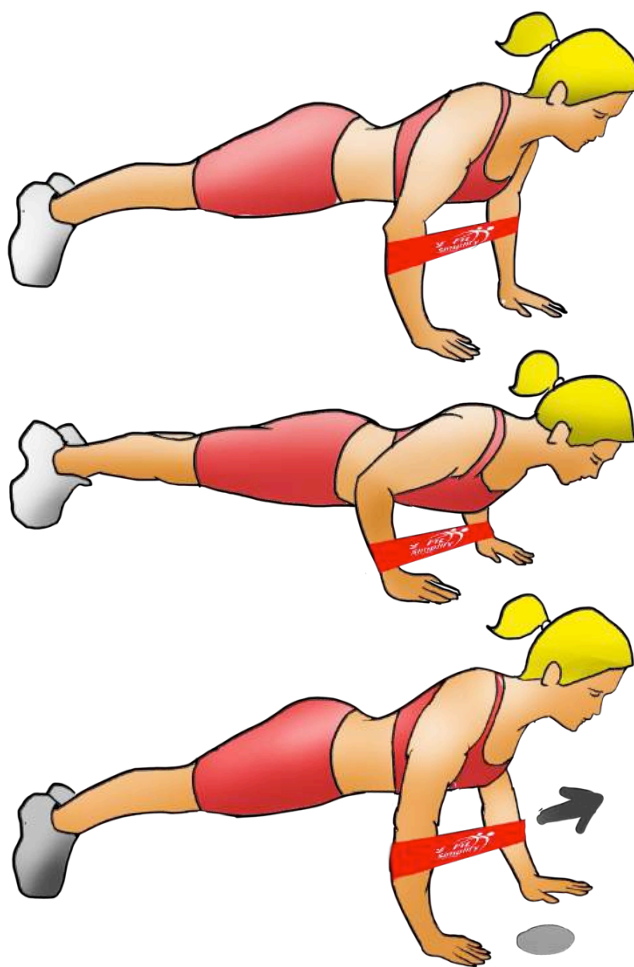
- Sit on the floor with your legs outstretched. Place the resistance loop band around your mid foot area. Grasp the band with your arms fully extended.
- Pull the band towards your chest, focusing on pulling through the lats. Forcefully squeeze your upper back muscles in the fully contracted position.
- Slowly return to the start position.



Chest Exercises

Lateral Push up Band Walk

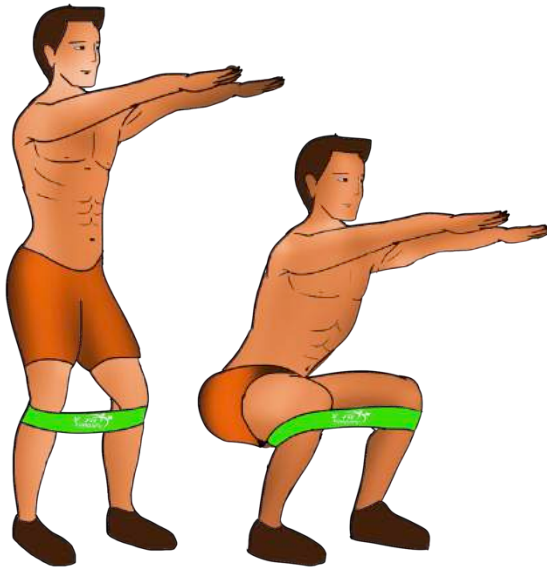
- Assume a normal push up position on the floor with arms at shoulder width and feet together. Place a resistance loop band around your forearms.
- Perform a normal push up, then move your right hand 5 inches to the right. Do the same with your left hand (move to the right)
- Perform another push up and then move 5 inches to the left to return to the start position.



Thigh Exercises

Band Squats

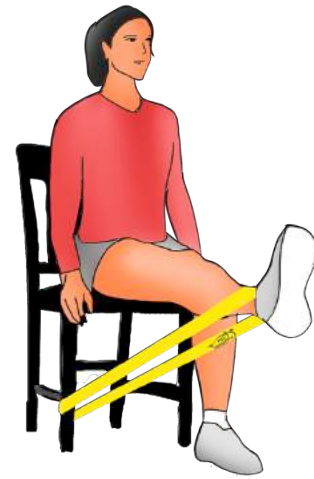
- Take a wide stance with your feet arched slightly outwards. Place the resistance loop band around your mid thigh area. Make sure that your back is slightly arched and that you are looking up.
- Squat down until your hamstrings are slightly below parallel to the floor. At the same time push your thighs out.
- Drive back to the start position, pushing through the heels and focusing the center of your power on your thighs.



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Leg Extensions

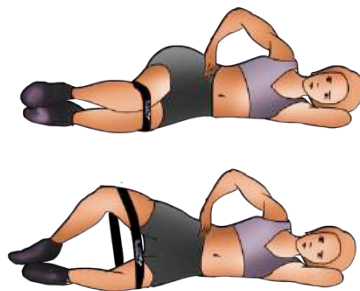
- Sit on a chair and place one of the bands in one of its legs, so that it gets locked up.
- Place the band over your right ankle. Hold the base of the chair with your hands as you raise the right leg against the resistance of the band.
- Hold the fully contracted position and then slowly lower to the start position.
- Perform the required number of repetitions and then repeat with the other leg.



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Clamshell

- Lie down on the floor on your right side. Place your right hand under your head as a support. Position the resistance loop band just above your knees.
- Place your left hand on the left side of your waist.
- Pull your knees together to form a 45-degree angle.
- Lift your left knee to spread your legs apart.
- Hold the fully contracted position before returning to the start position.
- Perform the required number of repetitions then repeat with the other leg.

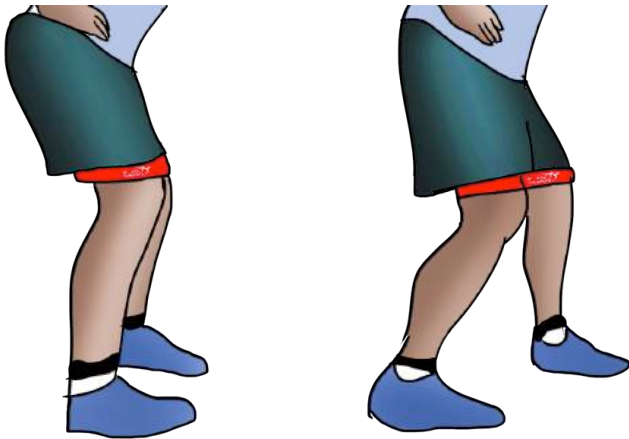


Glute and Hip Flexor Exercises

Thigh Thrusts

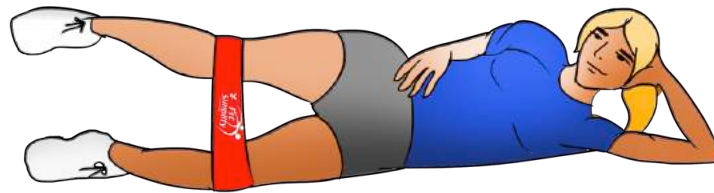
- Stand with feet shoulder width apart and the resistance loop band around the knees. Ensure that the band is taut.
- Resist the pull of the band with your thighs as you take five steps forward.
- Continue to resist the pull of the band as you take five steps back.

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Lying Hip Abductors

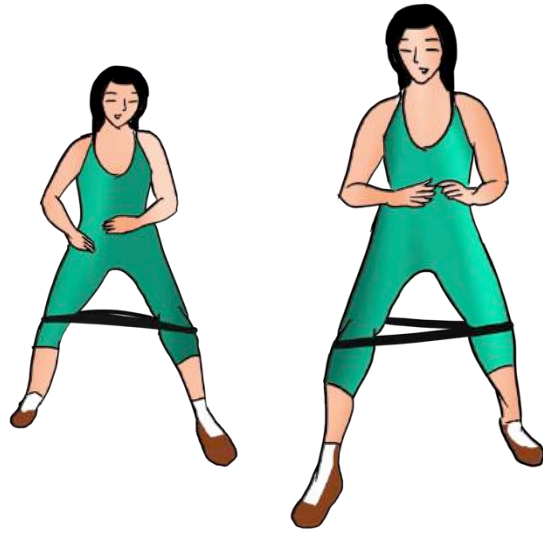
- Lie in the floor on your side. Place the resistance loop band around your knees.
- Keeping your legs straight (lock out the top knee), lift the top leg to stretch the band as much as possible.
- Slowly return to start position and repeat.



Lateral Walk

- Stand with feet shoulder width apart and the resistance loop band around the knees. Ensure that the band is taut.
- Drop down into an athletic starter position by slightly bending your knees while maintaining a neutral spine.
- Take an exaggerated step to the right to maximally stretch out the loop band. Continue in that direction for five steps.
- Take five exaggerated steps to the left to return to the start position.

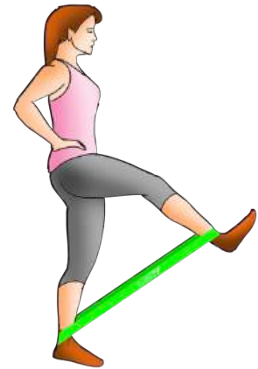
THE ULTIMATE
RESISTANCE LOOP BAND
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THE ULTIMATE RESISTANCE LOOP BAND WORKOUT GUIDE

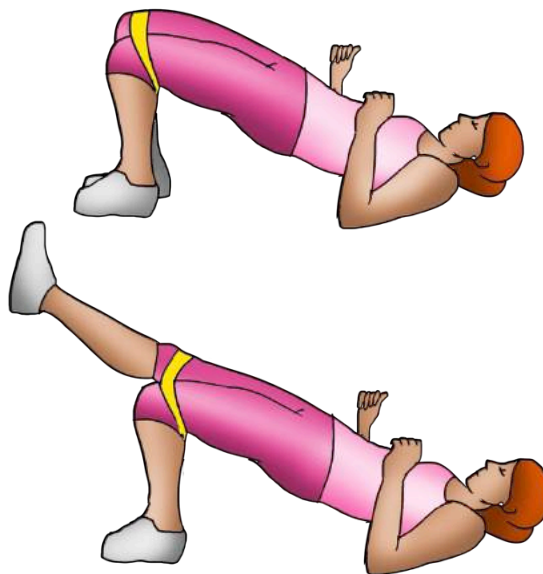
Standing Hip Flexion

- Stand with feet shoulder width apart and the resistance loop band around your ankles.
- Maintaining a straight leg by locking out the knee, kick your right leg forward as high as possible.
- Try to hold the extended position for a second before slowly returning to the start position.
- Repeat with the other leg.



Single Leg Loop Bridge

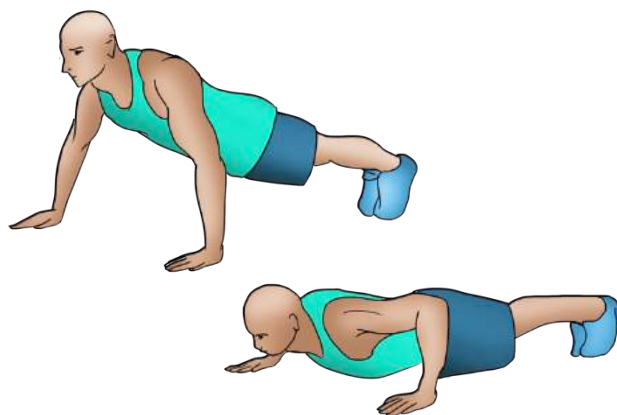
- Lie on the floor in the bridge position (feet flat on the floor, hands palms down by your sides, and glutes lifted towards the ceiling) with the resistance loop band around your knees.
- Maintaining a neutral spine, bring one knee up towards your head. Move slowly as you resist the pull of the band.
- Hold the fully extended position for a second and then slowly and with control return to the start position.



Non-Band Exercise Descriptions

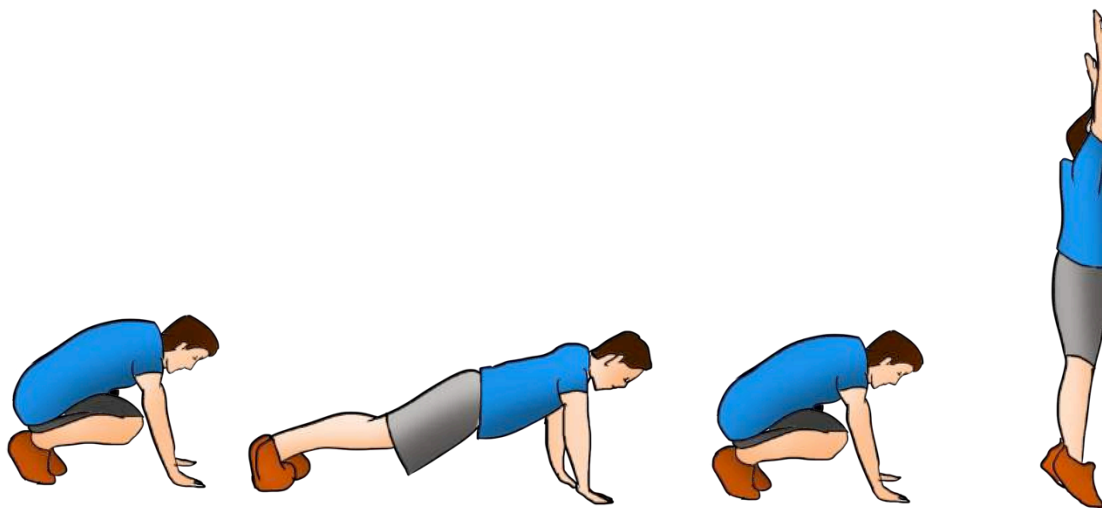
Push Ups

Set yourself on the ground, face down with your hands slightly wider than shoulder width apart. Your feet should be touching. Keeping your body in a straight line, rise up so that your arms are fully extended. Tense your buttocks and tighten your abs to prevent your butt from lifting you into a 'v' position. Look straight ahead rather than down. Now steadily lower yourself until your elbows are at a 90-degree angle. When your chest touches the floor, explode back up to the start position.



Burpees

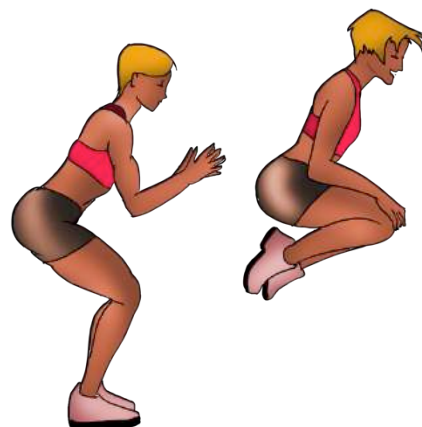
Stand with your feet shoulder width apart. Crouch down and place your palms on the ground. With your arms supporting your body kick your legs back. Immediately draw your legs back then thrust yourself back up to the start position.



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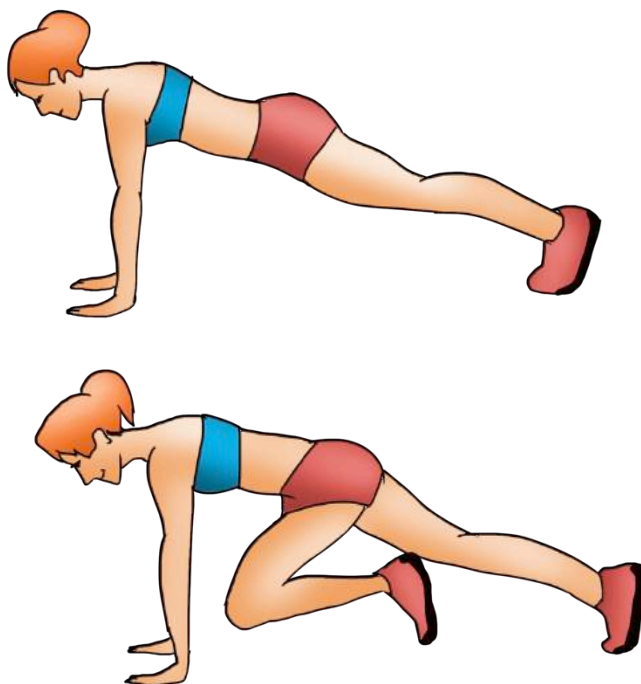
Power Jumps

Stand with feet shoulder width apart. Crouch down into a squat and then explode up into a vertical jump. Bring your knees up as high as possible. Continue in a fluid motion without any rest until the minute is complete.



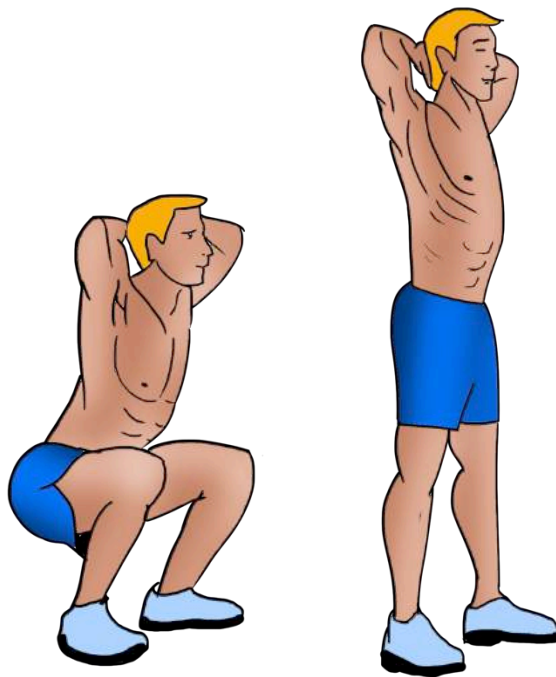
Mountain Climbers

Starting in the plank position (extended arms on the floor, shoulder width apart, body flat, legs straight and together), as if you were starting a sprint. Now alternate bringing your knees to your chest, going as quickly as possible. Keep your back flat and but down. Continue for 40 seconds



Body Weight Squats

With your feet shoulder width apart, your eyes focused on the ceiling and your lower back arched, place your hands on your head. Now lower down to a parallel squat position by pushing your hips back and bending your knees. After a slight pause, and without rounding your back, push through your heels to return to the start position.



Chapter Six (Sample Workouts)

Beginner's Program

The following workout is in the form of a circuit, where you complete an exercise and then go directly to the next one. Do not rest until you have completed all ten exercises in the circuit. Perform one circuit in Week Two. In the second week, rest for two minutes and then go through a second circuit. Add a circuit every week until you are completing four circuits. After three weeks of doing the 4 circuit workout, you will be ready to advance to the intermediate program.



The number of repetitions are indicated in brackets after each exercise.

MON	TUES	WED	THURS	FRI
Band Push Ups (10)	REST	Band Push Ups (10)	REST	Band Push Ups (10)
Band Squats (15)		Band Squats (15)		Band Squats (15)
Band Deadlift (15)		Band Deadlift (15)		Band Deadlift (15)
Mountain Climbers (15 each side)		Mountain Climbers (15 each side)		Mountain Climbers (15 each side)
Seated Shoulder Press (15)		Seated Shoulder Press (15)		Seated Shoulder Press (15)
Bicep Curl (15)		Bicep Curl (15)		Bicep Curl (15)
Triceps Extension (15)		Triceps Extension (15)		Triceps Extension (15)

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Intermediate Program

Moving to the intermediate programme introduces you to the set system in which you do a set of repetitions, rest for 30 seconds and then do another set. Build up over a period of 2 weeks to completing 3 sets of each exercise. Stick to the 30-second rest limit between each set.

MON	TUES	WED	THURS	FRI
Band Squats (3 x 15)	REST	Band Squats (3 x 15)	REST	Band Squats (3 x 15)
Leg Extensions (3 x 15)		Leg Extensions (3 x 15)		Leg Extensions (3 x 15)
Burpees (1 x 15)		Wall Sit (60-120 seconds)		Wall Sit (60-120 seconds)
Band Chest Press (3 x 15)		Band Chest Press (3 x 15)		Band Chest Press (3 x 15)
Band Push Ups (3 x 10)		Band Push Ups (3 x 10)		Band Push Ups (3 x 10)
Power Jumps (25)		Power Jumps (25)		Power Jumps (25)
Lat Pulldown (3 x 15)		Lat Pulldown (3 x 15)		Lat Pulldown (3 x 15)
Scapular Rotation (2 x 15)		Scapular Rotation (2 x 15)		Scapular Rotation (2 x 15)
Front Raises (2 x 15)		Front Raises (2 x 15)		Front Raises (2 x 15)
Squat Curls (2 x 15)		Squat Curls (2 x 15)		Squat Curls (2 x 15)
Triceps Extensions (2 x15)		Triceps Extensions (2 x15)		Triceps Extensions (2 x15)

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Advanced Program

After 8 weeks at the intermediate level, you are ready for our advanced training program. This regimen introduces you to the split training concept. This means that you will work half your body (Workout A) one day and the other half (Workout B) the next day. Each workout will be performed twice per week. If possible do Workout A on Monday and Thursday, and Workout B on Tuesday and Friday, with Wednesday, Saturday and Sunday as your rest days.

If a rep count indicates “failure”, keep going until you cannot do another rep.

MON	TUES	WED	THURS	FRI
Band Chest Press (4 x 15)	Band Squat (4 x 15)	REST	Band Chest Press (4 x 15)	Band Squat (4 x 15)
Band Push Ups (3 x Failure)	Lateral Push Up Band Walk (3 x 15)		Band Push Ups (3 x Failure)	Lateral Push Up Band Walk (3 x 15)
Band Flyes (3 x 15)	Leg Extensions (2 x 15)		Band Flyes (3 x 15)	Leg Extensions (2 x 15)
Push Ups (2 x Failure)	Burpees (1 x 15)		Push Ups (2 x Failure)	Burpees (1 x 15)
Seated Shoulder Press (3 x 15)	Band Deadlift (3 x 15)		Seated Shoulder Press (3 x 15)	Band Deadlift (3 x 15)
Lateral Raises (2 x 15)	Seated Rowing (3 x 15)		Lateral Raises (2 x 15)	Seated Rowing (3 x 15)
Upright Rowing (2 x 15)	Clamshell (2 x 15)		Upright Rowing (2 x 15)	Clamshell (2 x 15)
Squat Curl (3 x 15)	Bent Over Rowing (2 x 15)		Squat Curl (3 x 15)	Bent Over Rowing (2 x 15)
Bicep Curl (3 x 15)	Body Weight Squats (1 x 30)		Bicep Curl (3 x 15)	Body Weight Squats (1 x 30)
Triceps Extension (3 x 15)			Triceps Extension (3 x 15)	

Chapter Seven (Final Word)



The resistance band training programs presented in this book will take you from absolute beginner to seasoned resistance trainer. If you follow the programs as outlined, that journey will see you transforming your body. By combining your training with a sensible approach to nutrition, you will build muscle, lose body fat, strengthen your muscles, bones, joints and ligaments and become a far fitter, healthier person.

We encourage you to continue your fitness journey on into the future. Your resistance band investment can pay dividends for years to come. In this book we have presented three very effective programs. But there are many more. Once you've trained through our series of programs, go online and find new and exciting ways to train with your bands. That way you'll keep moving, keep growing and keep improving.