

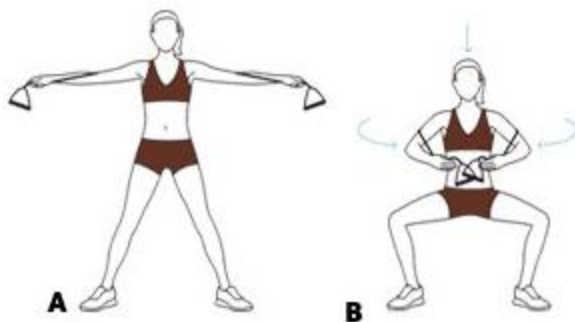
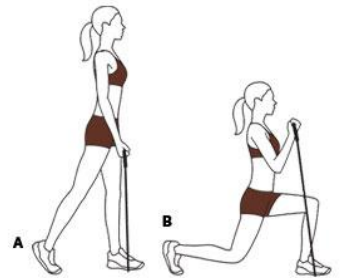
## Advanced Resistance Band Exercises

Reps: \_\_\_\_\_

Sets: \_\_\_\_\_

### Lunge with Bicep Curl

Place the centre of the band under your left foot and position your right foot behind you. Perform a bicep curl while bending your knees to lower into a lunge position. Make sure your knee does not move past your toes.



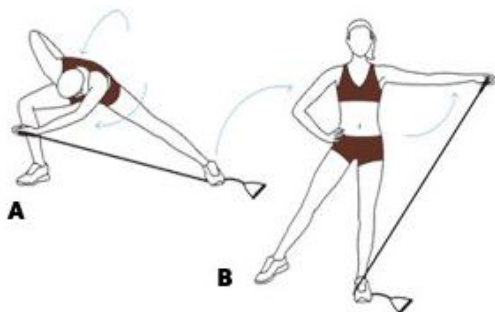
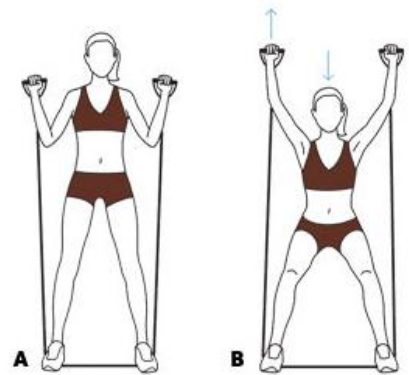
### Around the World Plié

Stand with feet wider than shoulder-width apart and toes pointing out. Wrap the band behind your mid-back. Extend your arms out to your sides, maintaining a slight bend in your arms. Bring your hands together in front of you and bend your knees until thighs are parallel to the floor. Return to start position.

### Squat with Overhead Press

Stand over the centre of the band with feet shoulder-width apart. Hold the handles at shoulder height, palms facing out. Squat down (making sure your knees don't move past your toes), and press your arms above your head. Return to start.

Note: Only squat as far as is comfortable and keep your weight on your heels.



### Side Lunge with Side Raise

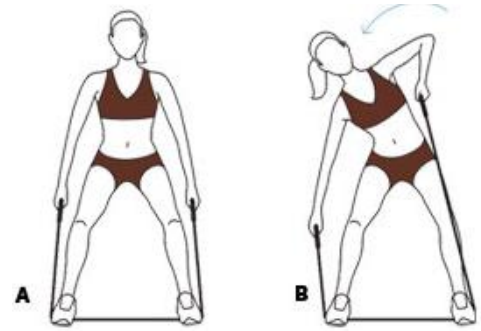
Stand with feet more than shoulder-width apart and the end of the band under your left foot. Hold the other handle with your left hand. Lunge to the side with your left foot, sweeping your left hand down toward your right foot. Push off with your right foot to return to standing position. Raise your right leg as you raise your left arm to the side. Repeat and switch sides.

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.

## Monkey

Stand over the centre of the band, feet more than shoulder-width apart. Bend your torso to the right while bringing your left elbow up.

Note: Both sides = 1 repetition



## Lat Raise

Stand with feet shoulder-width apart, and right foot in front of your left foot. Place the band under your left foot and hold it in your left hand. Hinge 45° at your hips, keeping your back straight. Raise the band to shoulder height, palm facing the floor. Hold for 2 counts.

Bend your elbow out to the side and hold. Lower to start position. Switch sides and repeat.



## Rotating Lunge & Row

Stand with your right leg forward and left heel lifted. Hold the band in front of your chest, palms facing down. Bend your elbows and bring the band closer to your chest. Keep your shoulders down and *squeeze your shoulder blades together*. As you row, rotate your torso to the right while lowering into a lunge (making sure your knees don't move past your toes). Return to start position.



## Front Curl & Press

Hold both ends of the band evenly and step your left foot in the centre of the band. Lunge your right leg forward (left leg stays straight). Curl the ends of the band toward you, keeping your elbows tight against your torso and palms facing up.

Next, press your arms out in front of you, keeping your elbows slightly bent. Bend your arms back by your sides and lower. That's 1 rep!

Tip: Keep your abs engaged and shoulders down throughout the exercise.

If at any point you feel dizzy, lightheaded, nausea, please stop and consult your doctor.