

EXERCISE BALL AND RESISTANCE BAND WORKOUT ROUTINES.

BEGINNER #1

LEGS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SISSY SQUAT	1 - 2	8 - 10	BODY WEIGHT	STRONG CORE MUSCLES AND DO NOT BEND YOUR KNEE PAST 90 DEGREES

CHEST.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
PUSH-UPS	1 - 2	8 - 10	BODY WEIGHT	KEEP YOUR TORSO STRAIGHT AND PICK A VARIATION THAT SUITS YOU

BACK (UPPER).

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SEATED BACK ROWS	1 - 2	8 - 10	RESISTANCE BANDS	STRONG CORE, PULL YOUR SHOULDER BLADES CLOSE TOGETHER AT THE END OF THE CONTRACTION

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BACK (LOWER).

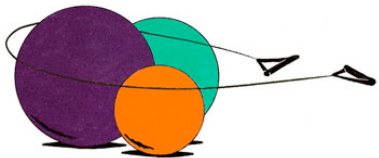
EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
HYPER EXTENSIONS	1 - 2	8 - 10	BODY WEIGHT	KEEP YOUR HIPS AND TOES ON THE FLOOR

SHOULDERS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
UPRIGHT ROWS	1 - 2	8 - 10	RESISTANCE BANDS	STRONG CORE MUSCLES WITH SLIGHTLY BENT KNEES

TRICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
STANDING TRICEP PUSHDOWNS	1 - 2	8 - 10	RESISTANCE BANDS	LOCK SHOULDER JOINT, ENSURE UPPER ARMS ARE BY YOUR SIDE



BICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
STANDING BICEP CURL	1 - 2	8 - 10	RESISTANCE BANDS	STRONG CORE MUSCLES, SLIGHTLY BENT KNEES

ABDOMINALS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
AB CRUNCHES	2 - 3	8 - 10	BODY WEIGHT	CONCENTRATE ON MOVING YOUR SHOULDERS TOWARDS YOUR HIPS. FEET ON FLOOR

**THIS IS DESIGNED TO BE A TOTAL BODY WORKOUT DONE 3 TIMES PER WEEK, PERFORMED ON DAYS 1, 3 & 5
IT IS RECOMMENDED ON DAYS 2, 4 & 6 A CARDIOVASCULAR ACTIVITY (WALKING, JOGGING, CYCLING, ETC)
CAN BE INCLUDED TO INCREASE FITNESS.**

**REMEMBER TO ALWAYS WORKOUT SAFELY AND CHECK YOUR EQUIPMENT BEFORE USE. ENSURE A STRONG
FIRM POSTURE THROUGHOUT YOUR MOVEMENTS,
AND MOST OF ALL "BE MOTIVATED TO DO YOUR BEST"**