

## **EXERCISE BALL AND RESISTANCE BAND WORKOUT ROUTINES.**

### **BEGINNER #2**

#### **LEGS.**

| <b>EXERCISE</b> | <b>SETS</b>  | <b>REPS</b>   | <b>RESISTANCE</b>                         | <b>WORKOUT TIP</b>   |
|-----------------|--------------|---------------|---|--|
| <b>SQUATS</b>   | <b>1 - 2</b> | <b>8 - 10</b> | <b>BODY WEIGHT +<br/>RESISTANCE BANDS</b> | <b>STRONG CORE MUSCLES AND DO NOT BEND YOUR<br/>KNEE PAST 90 DEGREES</b> |

#### **CHEST.**

| <b>EXERCISE</b>                 | <b>SETS</b>  | <b>REPS</b>   | <b>RESISTANCE</b>       | <b>WORKOUT TIP</b>   |
|---------------------------------|--------------|---------------|-------------------------|--|
| <b>STANDING CHEST<br/>PRESS</b> | <b>1 - 2</b> | <b>8 - 10</b> | <b>RESISTANCE BANDS</b> | <b>STRONG CORE, SQUEEZE YOUR CHEST AT THE END OF<br/>THE CONTRACTION</b> |

#### **BACK (UPPER).**

| <b>EXERCISE</b>                     | <b>SETS</b>  | <b>REPS</b>   | <b>RESISTANCE</b>       | <b>WORKOUT TIP</b>  |
|-------------------------------------|--------------|---------------|-------------------------|---|
| <b>SINGLE ARM LAT<br/>PULLDOWNS</b> | <b>1 - 2</b> | <b>8 - 10</b> | <b>RESISTANCE BANDS</b> | <b>STRONG CORE MUSCLES, CONCENTRATE ON THE<br/>MOVEMENT</b> |

## BEGINNER #2 WORKOUT, PAGE 2

### BACK (LOWER).

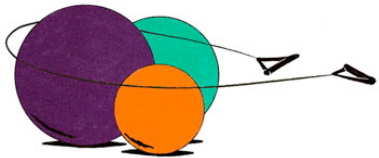
| EXERCISE                | SETS  | REPS   | RESISTANCE  | WORKOUT TIP                          |
|-------------------------|-------|--------|-------------|--------------------------------------|
| <b>HYPER EXTENSIONS</b> | 1 - 2 | 8 - 10 | BODY WEIGHT | KEEP YOUR HIPS AND TOES ON THE FLOOR |

### SHOULDERS.

| EXERCISE                      | SETS  | REPS   | RESISTANCE       | WORKOUT TIP                                  |
|-------------------------------|-------|--------|------------------|--|
| <b>ONE ARM LATERAL RAISES</b> | 1 - 2 | 8 - 10 | RESISTANCE BANDS | STRONG CORE MUSCLES WITH SLIGHTLY BENT KNEES |

### TRICEPS.

| EXERCISE                       | SETS  | REPS   | RESISTANCE       | WORKOUT TIP   |
|--------------------------------|-------|--------|------------------|---|
| <b>LYING TRICEP EXTENSIONS</b> | 1 - 2 | 8 - 10 | RESISTANCE BANDS | LOCK SHOULDER JOINT, ENSURE UPPER ARMS ARE BY YOUR SIDE |



## BEGINNER #2 WORKOUT, PAGE 3

### BICEPS.

| EXERCISE                        | SETS  | REPS   | RESISTANCE       | WORKOUT TIP                              |
|---------------------------------|-------|--------|------------------|--|
| STANDING ALTERNATING 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 "ENJOY IT & HAVE FUN"