

EXERCISE BALL AND RESISTANCE BAND WORKOUT ROUTINES.

BEGINNER #3

LEGS.

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

CHEST.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
STANDING CHEST FLY	1 - 2	8 - 10	RESISTANCE BANDS	STRONG CORE, SQUEEZE YOUR CHEST AT THE END OF THE CONTRACTION

BACK (UPPER).

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
WIDEGRIP SEATED PULLBACKS	1 - 2	8 - 10	RESISTANCE BANDS	STRONG CORE MUSCLES, ARMS UP & PULL YOUR SHOULDERS BACK

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BACK (LOWER).

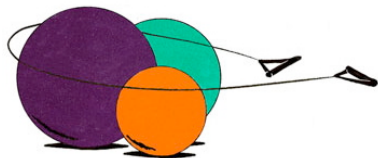
EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
HYPER EXTENSIONS	1 - 2	8 - 10	BODY WEIGHT	KEEP YOUR HIPS AND TOES ON THE FLOOR

SHOULDERS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SEATED SHOULDER PRESS	1 - 2	8 - 10	RESISTANCE BANDS + EXERCISE BALL	STRONG CORE MUSCLES, PRESSING ARMS OVERHEAD

TRICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
CROSS BODY TRICEP EXTENSIONS	1 - 2	8 - 10	RESISTANCE BANDS	LOCK SHOULDER JOINT, STRONG CORE MUSCLES SLIGHTLY BENT KNEES



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BICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
LYING BICEP CURL	1 - 2	8 - 10	RESISTANCE BANDS	STRONG CORE MUSCLES, POINT ELBOWS TOWARDS RESISTANCE

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 REMEMBER TO "FEEL THE MOVEMENTS"