

EXERCISE BALL AND RESISTANCE BAND WORKOUT ROUTINES.

INTERMEDIATE #1

LEGS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
LUNGES	2 - 3	10 - 12	BODY WEIGHT + RESISTANCE BAND	STRONG CORE MUSCLES AND DO NOT BEND YOUR KNEE PAST 90 DEGREES, LOOK FORWARD
LYING LEG CURLS	2 - 3	10 - 12	RESISTANCE BANDS	HIPS FIRM ON FLOOR, CONCENTRATE ON HEELS TOWARDS BUTTOCKS
STANDING CALF RAISES	2 - 3	10 - 12	BODY WEIGHT	FIRM (NOT LOCKED) HIP & KNEE JOINTS, PUSH THRU THE TOES

CHEST.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
STANDING CHEST PRESS (LOW)	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE, SQUEEZE YOUR CHEST AT THE END OF THE CONTRACTION
PUSH-UPS	2 - 3	10 - 12	BODY WEIGHT + RESISTANCE BAND	STRONG CORE AND PLACE BAND UNDER HANDS AND ACROSS YOUR BACK

INTERMEDIATE #1 WORKOUT, PAGE 2

BACK (UPPER).

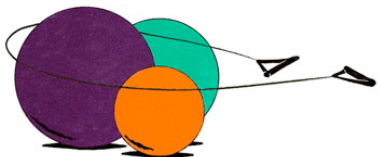
EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
ALTERNATING SINGLE ARM ROWS	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, PULL THRU YOUR SHOULDER BLADE

BACK (LOWER).

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
GOOD MORNINGS	2 - 3	10 - 12	RESISTANCE BANDS	STRONG FIRM TORSO (STRAIGHT)

SHOULDERS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SHOULDER FRONT RAISE	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, ARMS SLIGHTLY BENT, NO ELBOW MOVEMENT
ROTAOR CUFF SIDE PULL	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES & LOCK ELBOW AT 90 DEGREES



INTERMEDIATE #1 WORKOUT, PAGE 3

TRICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
CROSS BODY TRICEP EXTENSIONS	2 - 3	10 - 12	RESISTANCE BANDS	LOCK SHOULDER JOINT, STRONG CORE MUSCLES & ONLY ELBOW MOVEMENT (EXTENSION)
SINGLE ARM TRICEP PUSHDOWNS	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, STABLE STANCE & ONLY ELBOW MOVEMENT (EXTENSION)

BICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
STANDING BICEP CURL	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, FEET SHOULDER WIDTH APART
BICEP PREACHER CURLS	2 - 3	10 - 12	RESISTANCE BANDS + EXERCISE BALL	FIRM POSITION & CONCENTRATE ON HAND TO SHOULDER MOVEMENT (ELBOW FLEXION)

FOREARMS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SEATED WRIST CURL	2 - 3	10 - 12	RESISTANCE BANDS	CONCENTRATE ON ISOLATING THE FOREARM MUSCLES

INTERMEDIATE #1 WORKOUT, PAGE 4

ABDOMINALS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
AB CRUNCHES	2 - 3	10 - 12	BODY WEIGHT	CONCENTRATE ON MOVING YOUR SHOULDERS TOWARDS YOUR HIPS. FEET ON FLOOR
AB OBLIQUE TWISTS	2 - 3	10 - 12	BODY WEIGHT	CONCENTRATE ON SHOULDER TO HIP MOVEMENT WITH YOUR HIPS AND FEET ON THE FLOOR

IT IS RECOMMENDED THAT ON DAYS 1 & 4, YOU WOULD WORKOUT YOUR CHEST, BACK, SHOULDERS & ABDOMINALS.

ON DAYS 2 & 5, YOU WOULD WORKOUT YOUR LEGS, BICEPS, TRICEPS, FOREARMS & ABDOMINALS

(PICK ONE AB EXERCISE)

INCLUDE A COMPLETE REST DAY ON DAY 3 & PERFORM A CARDIOVASCULAR ACTIVITY ON DAYS 6 & 7.

REMEMBER TO ALWAYS WORKOUT SAFELY AND CHECK YOUR EQUIPMENT BEFORE USE. ENSURE A STRONG

FIRM POSTURE THROUGHOUT YOUR MOVEMENTS,

AND MOST OF ALL " BE PROUD OF YOURSELF"

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