

## EXERCISE BALL AND RESISTANCE BAND WORKOUT ROUTINES.

### INTERMEDIATE #2

#### 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
SEATED CHEST PRESS	2 - 3	10 - 12	RESISTANCE BANDS + EXERCISE BALL	STRONG CORE, SQUEEZE YOUR CHEST AT THE END OF THE CONTRACTION. FIRM FEET PLACEMENT
SINGLE ARM FLY	2 - 3	10 - 12	RESISTANCE BAND	STRONG CORE, FIRM STANCE & NO ELBOW MOVEMENT (NO BENDING)

## INTERMEDIATE #2 WORKOUT, PAGE 2

### BACK (UPPER).

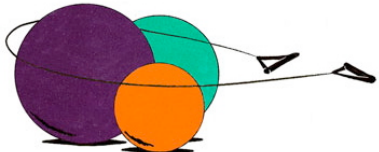
EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
LAT PULLDOWNS	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, PULL DOWN THRU YOUR ELBOWS TOWARDS THE FLOOR

### BACK (LOWER).

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
EXERCISE BALL HYPER EXTENSIONS	2 - 3	10 - 12	EXERCISE BALL	LOCK EXERCISE BALL INTO HIPS & THIGHS. STEADY HIPS, KEEP NECK & SPINE STRAIGHT

### SHOULDERS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SHOULDER LATERAL RAISE	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, ARMS SLIGHTLY BENT, NO ELBOW MOVEMENT
SHRUGS	2 - 3	10 - 12	RESISTANCE BANDS	STRONG CORE MUSCLES, LIFTING SHOULDERS TOWARDS EARS



## INTERMEDIATE #2 WORKOUT, PAGE 3

### TRICEPS.

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

### BICEPS.

EXERCISE	SETS	REPS	RESISTANCE	WORKOUT TIP
SEATED BICEP CURL ON EXERCISE BALL	2 - 3	10 - 12	RESISTANCE BANDS + EXERCISE BALL	STRONG CORE MUSCLES, FEET SHOULDER WIDTH APART
BICEP PREACHER CURLS	2 - 3	10 - 12	RESISTANCE BANDS	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 #2 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
PLANKS	1 - 2	HOLD	BODY WEIGHT	CONCENTRATE ON HOLDING A STRAIGHT FIRM POSTURE FOR 60 - 90 SECONDS

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 " NEVER GIVE UP ON YOURSELF"

