

# Resistance Tube Workout



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Exercices avec tubes de résistance | Esercizi con bande di resistenza | Ejercicios con bandas de resistencia | Übungen mit Widerstandsbändern  
 Oefeningen met weerstandsbanden | Träning med gummiband | Ćwiczenia z gumami oporowymi | Exerciții cu banda elastică

## Back

## Shoulders

## Chest

## Arms

## Abs

## Glutes

## Legs

## Cardio

T1. Rows	T2. Bent-over rows	T3. Bent-over side raises	T4. Pulldowns	T5. Rear delt rows
T6. Side raises	T7. Front raises	T8. Shoulder presses	T9. Shoulder rotations	T10. Upright rows
T11. Standing presses	T12. Alt shoulder presses	T13. Chest flies	T14. Incline chest flies	T15. Push-ups
T16. Curls	T17. Hammer curls	T18. Tricep extensions	T19. Tricep pushdowns	T20. One-arm triceps extensions
T21. High crunches	T22. Reverse crunches	T23. Standing cable lifts	T24. Wood chops	T25. Side bends
T26. Leg lifts	T27. Standing kickbacks	T28. Squats	T29. Lunges	T30. Glute bridges
T31. Hip flexors	T32. Adductions	T33. Abductions	T34. Hamstring curls	T35. Calf raises
T36. High knees	T37. Mountain climber	T38. Plank jacks	T39. Burpees	T40. Jumping jacks