

Resistance Band Workout



www.gjelements.com

Exercices avec bandes 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

R1. Pull-ups

R2. Seated rows

R3. Straight arm lat pull downs

R4. Straight arm frontal raises

R5. Rear delt rows

R6. Shoulder presses

R7. Lateral raises

R8. Face pulls

R9. Anterior raises

R10. Single arm rear delt flys

R11. Push-ups

R12. Low flys

R13. Chest presses

R14. Chest flys

R15. One arm low flys

R16. Curls

R17. Hammer curls

R18. Lateral curls

R19. Overhead tricep extensions

R20. Bent over tricep kickbacks

R21. Reverse crunches

R22. Leg raises

R23. Standing crunches

R24. Standing woodchopper

R25. Ab twists

R26. Squats

R27. Kickbacks

R28. Hip thrusts

R29. Deadlifts

R30. Reverse lunge

R31. Calf raises

R32. Hip flexors

R33. Abductions

R34. Adductions

R35. Hamstrings curls

R36. High knees

R37. Mountain climber

R38. Plank jacks

R39. Burpees

R40. Jumping jacks