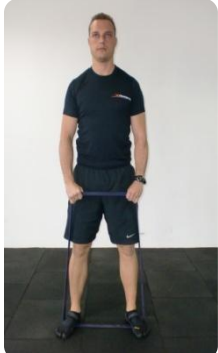
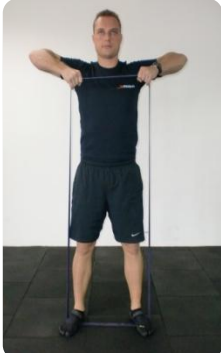



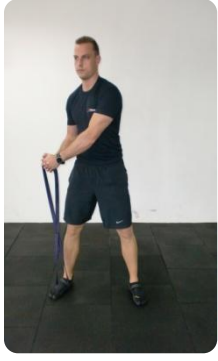





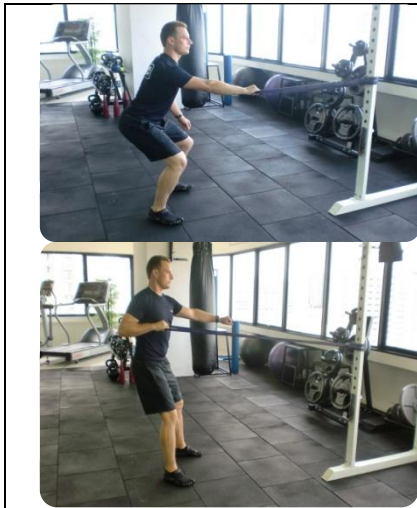
	<p><b>X Band Walks</b>                  Targets: Glutes and postural muscles in upper body</p> <p>Instructions: Step on the resistance band, spread feet wide, bring the leading leg outward, walk sideways with small steps maintaining distance between the feet.</p>
		<p><b>High Pulls</b>                  Targets: Shoulders and traps</p> <p>Instructions: Step on the resistance band, spread feet wide, pull the resistance band up towards the chin holding the band at the top position before lowering to straight arms in a controlled motion.</p>
		<p><b>Shoulder Press</b>                  Targets: Shoulders, triceps and core</p> <p>Instructions: Step on the resistance band (or sit down for a modified version), start with band held to shoulder level and press over head until arms are fully extended.</p>
		<p><b>Squats</b>                  Targets: Quads, glutes, lower back</p> <p>Instructions: Step on the resistance band, spread feet wide, bend your knees to place the band behind the neck for added resistance to the squat. Initiate the movement by pushing hips back before bending knees and distribute your body weight towards the back portion of your foot. Stand straight up again by extending your knees and straightening your hips to a fully upright, standing position.</p>

		<p><b>Rows</b> Targets: Back and biceps</p> <p>Instructions: Step on the resistance band (or sit down for a modified version), take a firm grip and create tension on the bands, bend your knees slightly and lean forward from the hip. Pull the band towards the navel (belly button) bringing the shoulder blades together and keeping the elbows close to your body when pulling.</p>
		<p><b>Lunge Press</b> Targets: Shoulder, glutes, quads and core</p> <p>Instructions: Step out into a stationary lunge position and stand on the resistance band with the front foot. Hold the band with one hand and press the band vertically above your head.</p>
		<p><b>Triceps Kick-backs</b> Targets: Triceps</p> <p>Instructions: Step on the resistance band, spread feet wide, taking a firm grip and creating tension on the bands, bend your knees slightly and lean forward from the hip. Pull the bands backwards by extending your elbows; avoid any motion in the arm besides the bending, "kick-back"-motion, of the elbow.</p>
		<p><b>Biceps Curls</b> Targets: Biceps</p> <p>Instructions: Step on the resistance band, spread feet wide, taking a firm grip and creating tension on the bands, bend your elbows and curl the band up, avoiding any excessive motion in the arms besides bending of the elbow. Bring the band down again with control.</p>

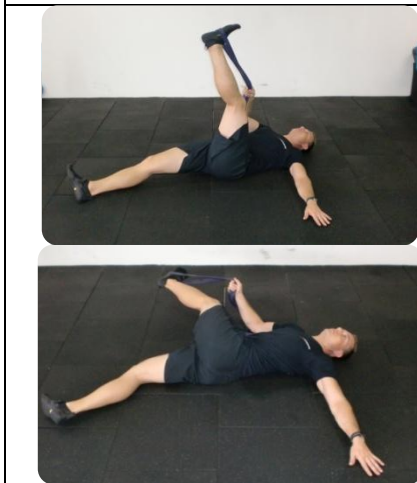
		<p><b>Low to High Core Rotations</b>                  Targets: Core (primarily oblique's), shoulders</p> <p>Instructions: Stand on the resistance band with one foot, spreading feet wide. Grasp the band with straight arms with the arm that's diagonally opposite to the band. Maintain arms as straight as possible, turning hip and shoulder girdle in a diagonal line up and away from the anchored foot. Bring hands back to the starting position while resisting the pull from the tension in the band.</p>
		<p><b>Standing Core Rotations</b>                  Targets: Core (primarily oblique's), shoulders</p> <p>Instructions: Anchor the band to a vertical pole or tree and position your feet in a wide stance. Grasp the band with straight arms; maintain arms as straight as possible, turning hip and shoulder girdle away from the anchor point, creating tension in the band from your core. Bring hands back to the starting position while resisting the pull from the tension in the band.</p>
	<p><b>Push Ups</b>                  Targets: Chest, triceps, abdominals</p> <p>Instructions: To progress the pushups, wrap the band behind the upper back in a locked grip using the thumbs. Come into a pushup position and lower the chest towards the ground. At the bottom, push hands down towards the floor to raise chest up into a straight arm starting position.</p>	
	<p><b>Standing Single Arm Boxing Press</b>                  Targets: Chest, quads, glutes and core</p> <p>Instructions: Step out into a stationary lunge position and hold the band with one hand (opposite side from the leg) pressing the band away from the anchor point, reaching out with the extended hand as far as possible while creating rotation (torque) in the core. Resist the tension in the band on the way back to the starting position.</p>	



**Standing Single Arm Squat to Row**

Targets: Back, quads, glutes and biceps

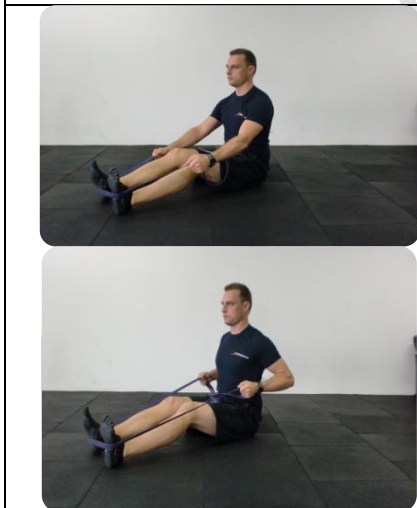
Instructions: Anchor the band to a vertical pole or tree and position your feet in a wide stance. Grasp the band with one arm, create tension in the band, bend your legs into a squat and simultaneously pull the band towards the chest, bringing elbow back and shoulder blades together.



**Hip PNF's**

Targets: Hips, hamstrings

Instructions: Lying down on your back, wrap the band around one ankle, raise the leg straight up to stretch hamstring. Let it fall to the outside to stretch the adductors, inner thighs, and let your leg come all the way back and across your body to target the outside of your hip, abductors. Be sure to perform this exercise under control.



**Seated Rows**

Targets: Back and biceps

Instructions: From a seated position take a firm grip and create tension on the bands, bend your knees slightly and sit upright from the hip. Pull the band towards the navel (belly button), bring the shoulder blades together and keep the elbows close to your body when pulling.