



Self Anchored Workout with a 14" Iso Band



Arm Banded Push Up - Bands around upper arms, face down feet shoulder width apart. Elbows close to sides, press shoulders down, engage core. Stay in plank, rise up and down under control, increase pace for cardio and power, slow down to train more strength.



Knee Banded Hip Bridge - On back with arms at sides. Band around knees. Pushing knees apart putting tension on the band. Raise hips up. Pull shoulders down. Press arms to the ground. Rise and lower slowly under control.



Banded Single Leg Abduction - Band around legs (ankles offer greatest resistance). Hands on hips. Balance on one leg while moving the other leg away. Do reps to one side or alternate. Quickly for cardio and agility, slowly for balance and strength.



Knee Banded Squat - Band over legs just above knees. Squat and rise up under control. Depth of squat to 90%, lower if comfortable. Move under control, increase pace for cardio and power, slow down for strength.



Knee Banded Lunge - Band around legs just over knees, (position higher for less resistance). Lunge forward. Lower back knee. Rise up from the lunged position. Move under control. Increase pace for train cardio and power, slow down to train strength.



Hand Anchored Cross Body Curl - Athletic stance. Keep elbows close to body. One arm straight down the side, elbow locked out. Opposite hand palm up. Curl up across body and back down under control.



Wrist Banded Scapular Retraction - Athletic stance. Band around wrists. Slight forward bend at hips, tall spine. Pull wrists apart (abduct). Press shoulders down. Squeeze shoulder blades together.



Wrist Banded Side Bends - Feet hip width. Tall back. Band around wrists. Hands over head, pull wrists apart (abduct). Press shoulders down. Bend to the side from the hips.