

Slow Resistance Band Workout

Abs, Arms, Back, Cardio, Chest, Legs, Shoulders

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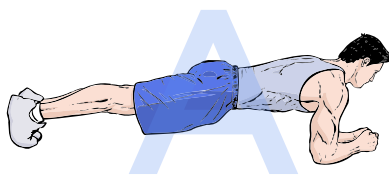
A simple workout that will challenge every part of your body! Adapt the exercises that show machines that you do not have- Bands works great, just try to mimic the exercise with the bands. Cheers! Move as slowly as you can and try to max out by the time you stop the set!

Cardio - Walking



10 min

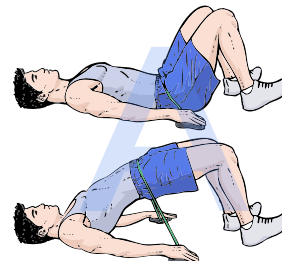
Plank



2 sets 45 secs

Superset A1

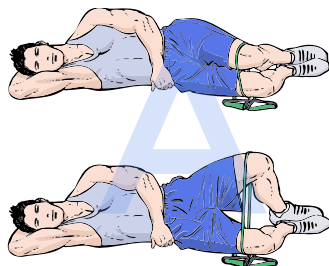
Resistance Band Glute Bridges



2 sets 15 reps

Superset A2

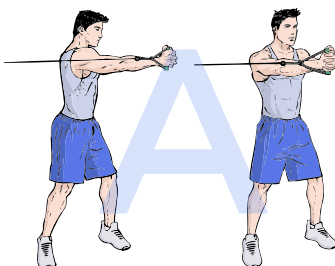
Resistance Band Clam Shells



2 sets 15 reps

Superset A3

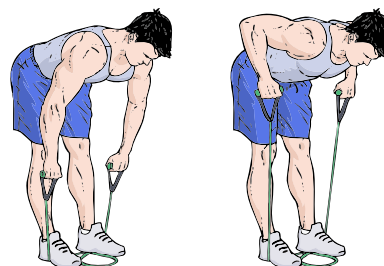
Cable Core Rotation



2 sets 15 reps

Superset A4

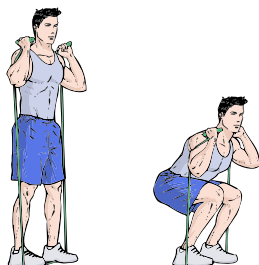
Resistance Band Bent Over Rows



1 sets 120 secs

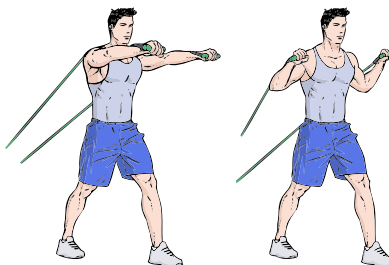
1:00
rest

Resistance Band Squats



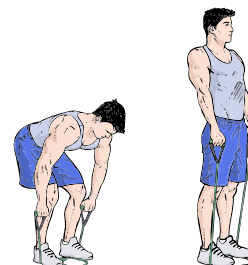
1 sets 120 secs

Resistance Band Chest Press



1 sets 120 secs

Resistance Band Deadlifts

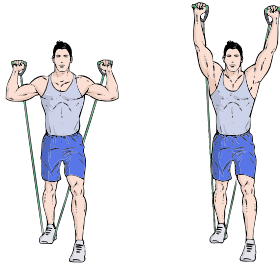


1 sets 120 secs



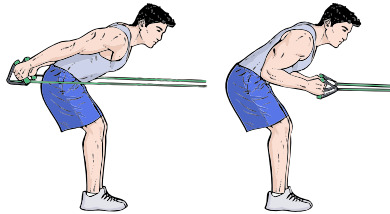


Resistance Band Standing Shoulder Press



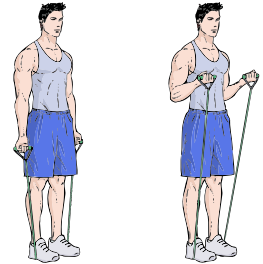
1 sets 120 secs

Resistance Band Tricep Kickbacks



1 sets 120 secs

Resistance Band Bicep Curls



1 sets 120 secs