



**1 - Stand upright with your feet slightly split holding the handles at shoulder height with your elbows bent.**  
**2 - Press the handles straight out in front until your arms are fully extended.**

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



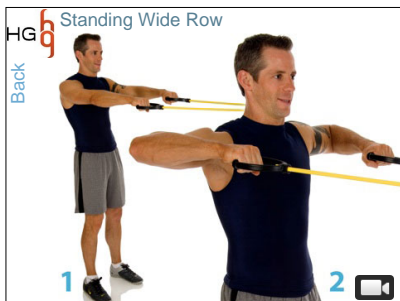
**1 - Stand upright holding the handles with your arms straight out in front at shoulder height.**  
**2 - Pull the handles straight in to your chest, bending at the elbows and squeezing your shoulder blades together.**  
 • Remain upright throughout and do not sway back and forth.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright, holding one handle out to one side at shoulder height with your arm straight.**  
**2 - Pull the handle in front to the middle of your chest, keeping your arm straight.**

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright holding the handles with your arms straight out in front at shoulder height, palms down.**  
**2 - Pull the handles straight in to your chest, bending at the elbows with your palms down and squeezing your shoulder blades together.**  
 • Remain upright throughout and do not sway back and forth.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright with your upper body turning to one side holding a handle in both hands at waist height with your elbows bent.**  
**2 - Twist your torso to the opposite side, turning your head and shoulders, keeping your feet in place.**  
 • Twist back to the starting side, allowing your hips to move.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright holding a handle in front with your arm straight out at shoulder height.**  
**2 - Pull the handle back and out to the side at shoulder height, keeping your back flat.**  
 • Guide the handle back to the start position, keeping your arm straight throughout.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright on the middle of the tubing holding the handles underhanded with your arms straight.**  
**2 - Raise the handles up to shoulder height, keeping your elbows at your sides.**  
 • Lower the handles back to a straight arm position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright on the middle of the tubing, holding one handle at shoulder level with the other extended overhead, arm straight, palms facing out.**  
**2 - Press the lower handle overhead while lowering the other down to shoulder level.**  
 • Both handles should be moving at the same time, but in opposite directions.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



**1 - Stand upright holding the handles at chest level with your elbows bent.**  
**2 - Push the handles down, fully extending your arms and keeping your shoulders steady and elbows close to your sides.**  
 • Finish with your hands at the top of your thighs in the downward position.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			



# FitnessBuilder: HERE IS YOUR WORKOUT

## Band Workout



Ken Hughes



1 - Stand upright on the middle of the tubing, holding the handles in front at your thighs with your arms straight.

2 - Shrug your shoulders, raising them as high as possible, keeping your arms straight.

• Pause briefly at the top position before lowering them.

Sets	Reps	Weight	Notes
1			
2			
3			
4			
5			
6			