

SPOBAND WORKOUT



PERFORM WORKOUT AS FOLLOWS

- 1. Pick your favourite SpoBand resistance band
- 2. Select 2-3 exercises per body part
- 3. Perform the appropriate reps and sets for your goal

FITNESS GOAL	REPETITIONS	SETS
Strength	12-15 reps	4 sets
Endurance	15-20 reps	3 sets

SEATED



Triceps Pushdown



Leg Extensions



Reverse Leg Extensions



Single-Arm Shoulder Press

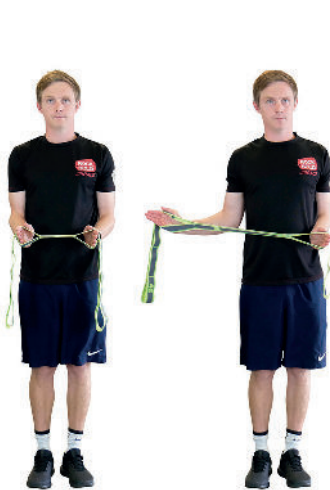


Bicep Curls

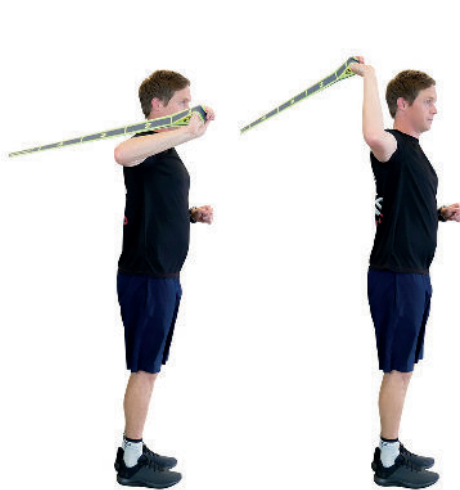
ARMS



Overhead Tricep Extensions



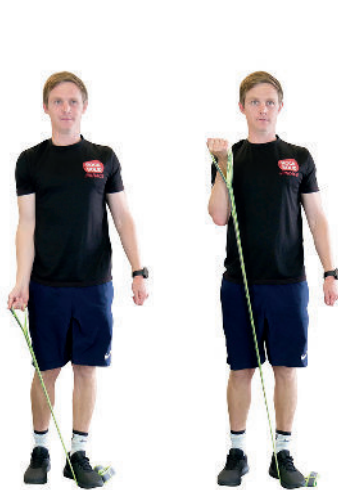
Resisted External Rotations



Scarecrow Rotations



Tricep Kickbacks



Alternate Bicep Curls

SHOULDERS



Shoulder Press



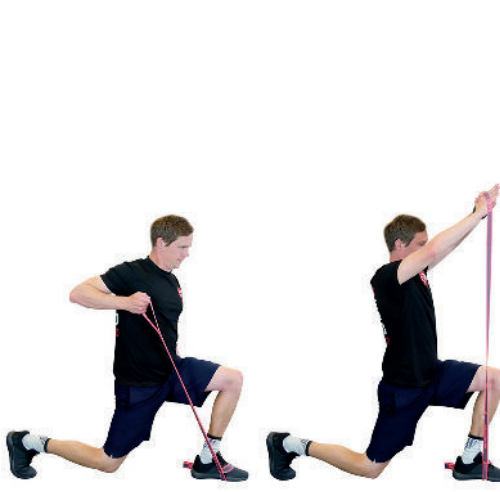
Lateral Raises



Front Raises

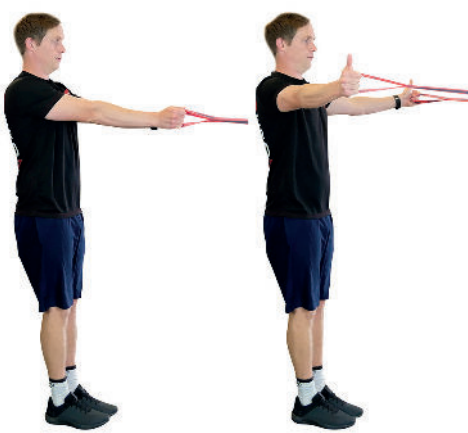


Shoulder Shrugs



Forward Raises

BACK & CHEST



Chest Flies



Resisted Push-ups



Resisted Pull Through

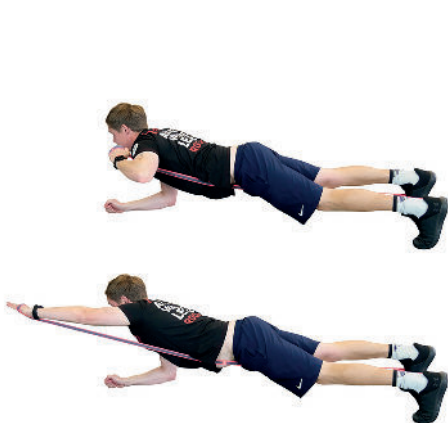


Reverse Pull Through

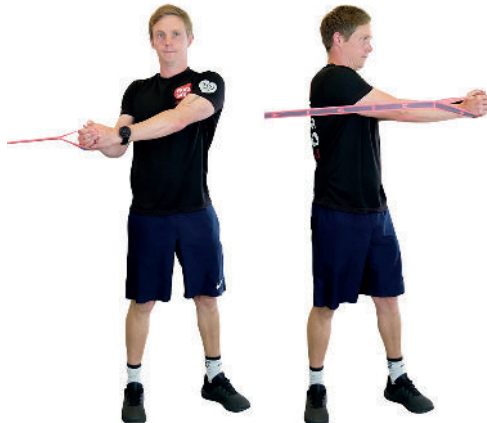


Resisted Deadlifts

CORE



Single-Arm Plank



Resisted Standing Twists



Lying Knee Raises



Plank to Pike Jumps

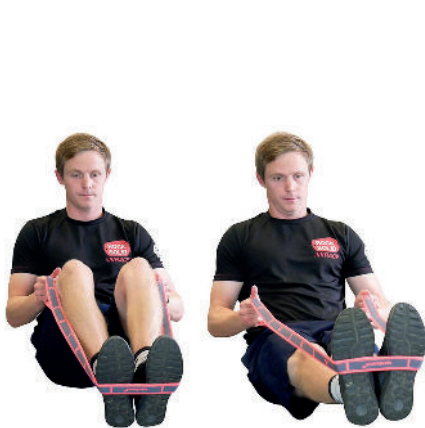


Resisted Side Bends

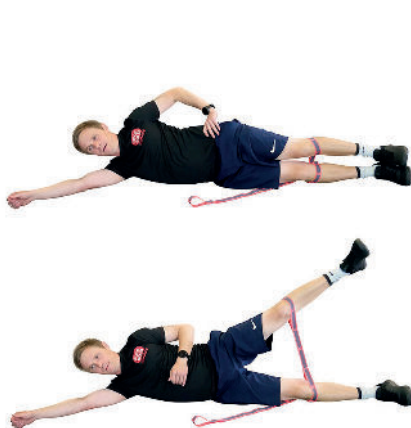
LEGS



Standing Knee Raises



Resisted Leg Presses



Lateral Leg Raises



Lateral Leg Rotations



Spiderman Walks