FALL TIP 2

Resistance Tubing Workout

BE WELL BE ACTIVE

Work your entire body with a single resistance band! There are many types of resistance bands, while this workout utilizes resistance tubing, you can use Therabands, ring bands, lateral bands, or any other resistance bands you have at home. Remember to hydrate and take breaks when needed.

Complete 3 rounds, following the repetitions indicated in each exercise.

Lateral Raise

Stand with feet narrow, resistance band under the feet, centered. Hold the handles or ends with the palms facing in at hip level. Raise the arms straight out to your sides, up to shoulder level. Slowly lower back down to start and repeat. Complete 10 repetitions.

Loaded Squats

Stand on the band with feet hip width apart. Hold the handles with palms facing in, at shoulder level. They will remain fixed in this position. Push the hips back and down to lower into a squat position, then straighten the legs to come back up to standing. If you do not feel enough resistance, move the feet wider apart on the band. Complete 12 repetitions.

Triceps Extension

Stagger the feet with the right leg back. Lay one handle or end of the band on the floor and step on the band with the right leg. Grab the other handle with the right hand and raise it behind the back. Bend the elbow, palm facing the back of the head. Straighten the arm straight up toward the ceiling, then slowly bend it back to return to starting position. Repeat 10 repetitions, then switch sides.

Biceps Curl

Stand on the band with feet hip-width apart. Hold the handles with palms facing away from the body, arms straight down by the hips. Bend the elbows to curl the band up toward the shoulders, stopping right before you touch the shoulders. Gently lower back to start and repeat for 15 repetitions.

Front Raise	**V-Crunches**
Stand with feet narrow, resistance band under the feet, centered. Hold the handles or ends with the palms facing down in front of the thighs. Raise the arms up in front of you to shoulder level. Slowly lower back down to start and repeat. Complete 10 repetitions.	Sit with the band looped the bottom of the feet, holding a handle or end in each hand. Be careful, the band can slip! Lean back as you bend the knees and lift the feet off the floor, balancing on your glutes. Push the feet forward to straighten your legs while you also lean back slightly, creating a wide V shape with the body. Slowly bend the knees (still not resting the feet on the floor) to return to start and repeat for 12 repetitions.
Standing Oblique Extensions	**Bent Over Row**
Stand with feet hip-width apart, right foot standing on the resistance band approximately halfway down the band. Hold the handle with the right hand at knee level, palm facing in (you will be crunched to the side slightly, we want this!). Squeeze the obliques as you lift the body to stand upright, then lower back down until the hand is at knee level again. Complete 15 repetitions per side.	Stand on the middle of the resistance band with feet shoulder-width apart. Hold the handles or ends with palms facing in, arms straight, and bend the knees to a 45˚ angle. Keep the back straight and hips back. Bend the elbows to pull them up toward the ceiling, keeping the rest of the body stationary. Straighten the arms back to start position. Complete 10 repetitions.

BONUS WORK
45 second plank Complete this equipment-free exercise twice for an extra burn!