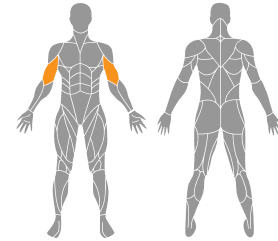


1.

## BICEP CURL



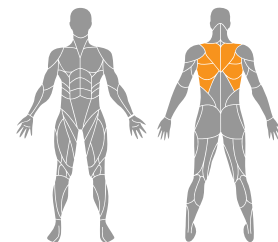
**Muscles used**

**Target muscle** Biceps

Stand on the resistance band with both feet and hold the resistance band with your palms facing forward. Keeping your elbows close to your torso, slowly curl your hands up to your shoulders. Slowly release your arms to the starting position.

2.

## BENT OVER ROW



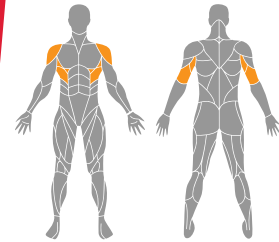
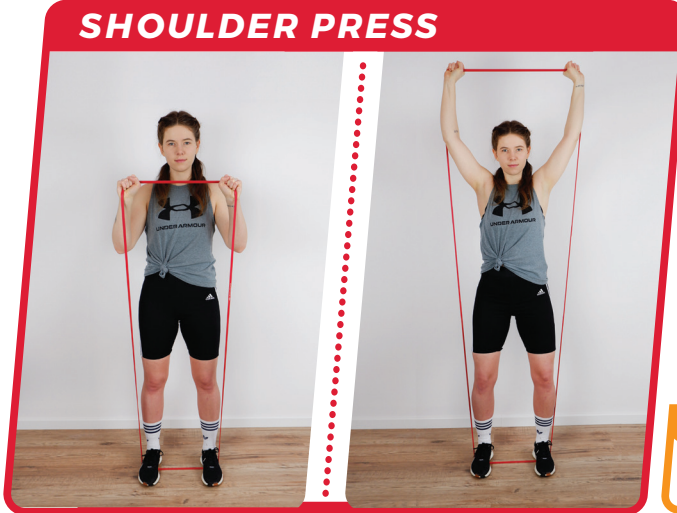
**Muscles used**

**Target muscle** Back muscles

Stand on your resistance band with your feet shoulders width apart. Bend your knees. Hold the resistance band with your palms facing towards you. Pull your hands towards your chest with your elbows facing outwards. Hold for a second and slowly return to the starting position.

3.

## SHOULDER PRESS



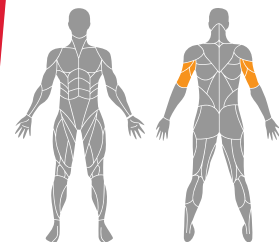
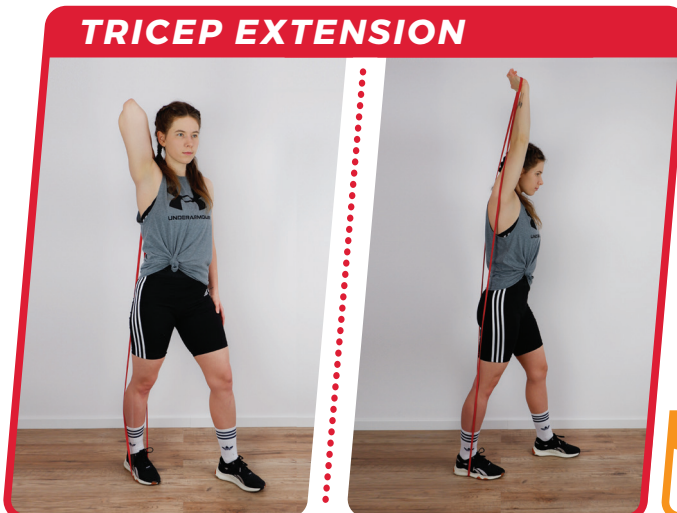
**Muscles used**

**Target muscle** shoulders, tricep

Stand straight on your resistance band with your feet shoulders width apart. Hold the resistance band near your chest with your elbows close to your body and your palms facing outwards. Contract your core and shoulder muscles pushing the resistance band above your head until your arms are straight. Hold for a second and slowly return to the starting position..

4.

## TRICEP EXTENSION



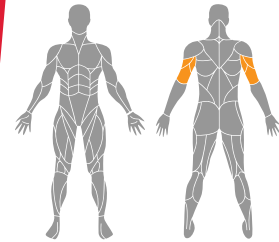
**Muscles used**

**Target muscle** tricep

Stand with left foot slightly in front of the right foot and place the resistance band under your right foot. Grab the other side of the resistance band loop with your right hand and straighten your arm pushing the resistance band above your head. Slowly lower your right hand behind the back of your head. Hold for a second and slowly return to the starting position.

5.

## OVERHEAD TRICEP EXTENSION



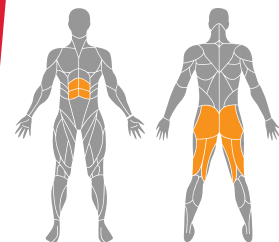
**Muscles used**

**Target muscle** tricep

Hold the resistance band behind your back with your left hand. Your left elbow should be facing the ceiling. Reach for the resistance band with the right hand behind your back. Hold the bottom arm stable and straighten the upper arm pushing the resistance band over your head. Hold for a second and slowly return to the starting position.

6.

## GOOD MORNING



**Muscles used**

**Target muscle** core, glutes

Stand on your resistance band with your feet shoulder width apart. Bend your knees. Bend at the hips, lowering your torso until it's nearly parallel to the floor. Contract your core and leg muscles bringing your hips forward and straightening your torso until you stand straight. Hold for a second and slowly return to the starting position.