

RESISTANCE BAND FULL BODY WORKOUT

**Superset of 4 sets,
12 reps for each exercise:**

- Resistance Band Squat
- Resistance Band Good Morning
- Resistance Band Chest Press
- Resistance Band Standing Row

[REST FOR 1 MINUTE]

**Superset of 4 sets,
12 reps for each exercise:**

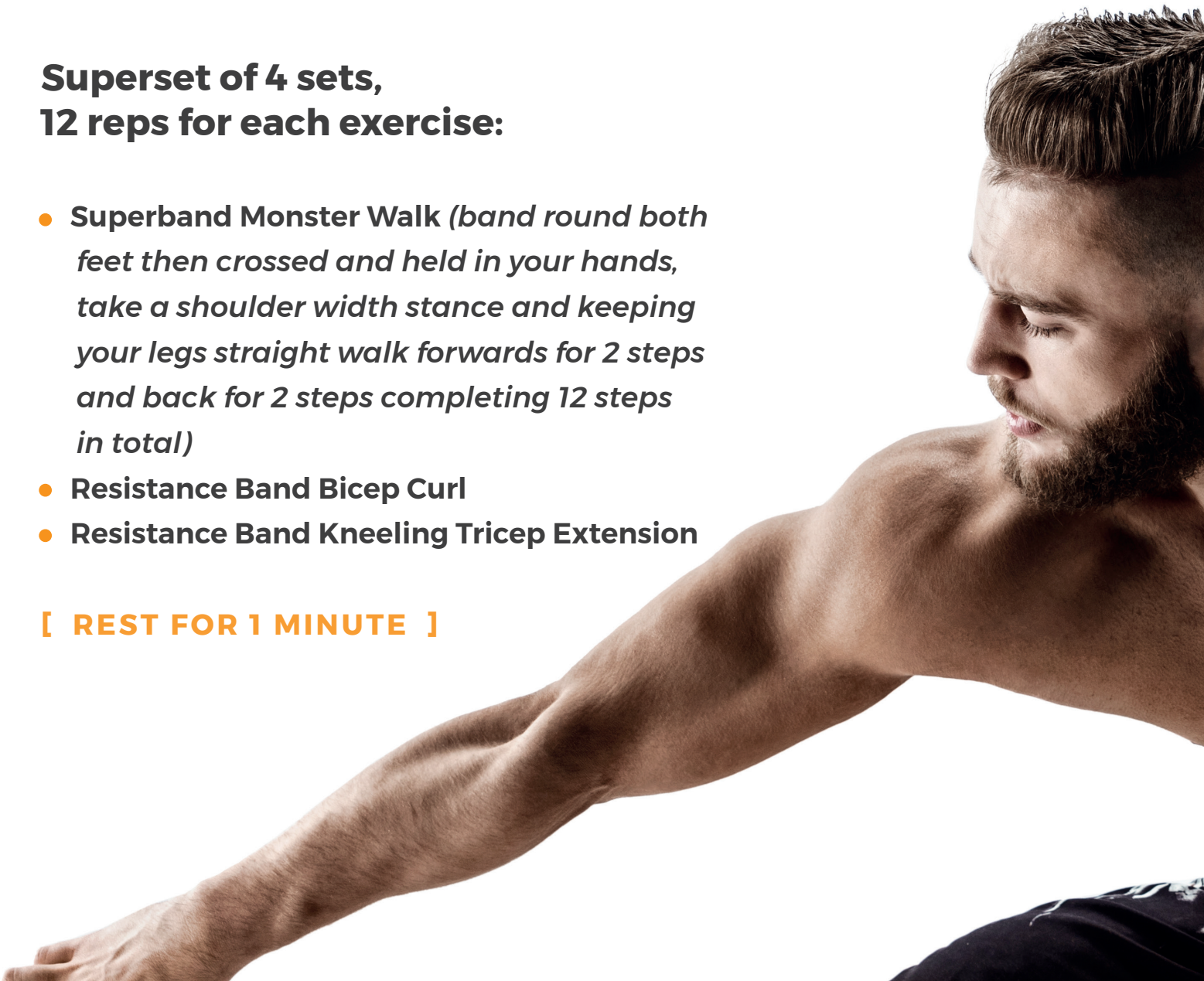
- Resistance Band Shoulder Press
- Resistance Band Lateral Raise
- Resistance Band Upright Row
- Resistance Band Upward Wood Chop

[REST FOR 1 MINUTE]

**Superset of 4 sets,
12 reps for each exercise:**

- Superband Monster Walk (*band round both feet then crossed and held in your hands, take a shoulder width stance and keeping your legs straight walk forwards for 2 steps and back for 2 steps completing 12 steps in total*)
- Resistance Band Bicep Curl
- Resistance Band Kneeling Tricep Extension

[REST FOR 1 MINUTE]



BODYWEIGHT TABATA INTERVAL WORKOUT

**20 secs work 10 secs rest between exercises:
Body Weight Alternating Jump Lunge**

- Squat Jump
- Jumping Jack
- Running in Place

x3

[REST FOR 1 MINUTE]

**20 secs work 10 secs rest
between exercises:**

- Sit Up
- Bicycle Crunch
- V Up
- Heel Tap

x3

[REST FOR 1 MINUTE]

**20 secs work 10 secs rest
between exercises:**

- Burpee
- Skater
- Body Weight Squat
- Mountain Climber

x3

[REST FOR 1 MINUTE]



FULL BODY DUMBBELL WORKOUT

**Superset of 4 sets,
10 reps for each exercise, each side:**

- Dumbbell Single Arm Standing Shoulder Press
- Standing Single Arm Dumbbell Row
- Single Arm Dumbbell Suitcase Deadlift
(Usual deadlift technique but with the dumbbell at one side as if you are carrying a suitcase)

[REST FOR 1 MINUTE]

**Superset of 4 sets,
10 reps for each exercise, each side:**

- Single Arm Arnold Shoulder Press
- Dumbbell Upright Row
- Dumbbell Squat and Curl

[REST FOR 1 MINUTE]

**Superset of 4 sets,
10 reps for each exercise:**

- Dumbbell Alternating Floor Press
- Dumbbell Renegade Row
- Dumbbell Goblet Squat

[REST FOR 1 MINUTE]

