

Mini-Band / Band Workout



from David Nutting

David offers some unique ways to use a mini-band, band, and monster band for a dynamic workout challenge

EXERCISE	REPS
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ROUND ONE Four sets in a row

Mini-Band Band Walks	20 reps
Monster Walks	20 reps
Squats	20 reps
Plyometric Jumps	20 reps
Clams	20 reps
Lying Straight Leg Leg-Abduction	20 reps

ROUND TWO Four sets in a row

Band Bicep Curls	20 reps
Triceps Kickbacks	20 reps
Lateral Shoulder Raise	20 reps
Band Walks	20 reps
Monster Band Walks	20 reps
Chest Swoop Lift	20 reps
One-Arm Row Or Row	20 reps

EXERCISE	REPS
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ROUND THREE Four sets in a row

Light Monster Band One-Arm Horizontal Adduction (pull across)	20 reps
Half-Kneeling One-Arm Row	20 reps
Standing Shoulder Horizontal Abduction (pull with an arm on another side of the band for the real deltoid)	20 reps
One-Arm Triceps Kickback	20 reps
Horizontal Biceps Curl (keep elbows up)	20 reps
Half-Kneeling Core Hold (hold the band in front with arms straight)	20 reps