

Mini Band Workout



from Kim Stevens

What you need: Chair/Bench. If you have any of these items these can help boost intensity: TRX, Dumbbells, Medicine Ball, Exercise Tube or Band.

WARM UP

6 minutes: 30 seconds of each for two rounds

Body Weight Squats



Standing Rotation
(with a medicine ball or weighted item if you have available)



Alternating Standing Knee Hugs (travelling if you have the space)



Standing Toe Touches

Mountain Climbers

WORKOUT

15 minutes sets. 5 exercise pairs times 3 minutes: 2 exercises alternating at 30 seconds each. Repeat 2-3 times if possible! 30 second break between sets.

TRX Squat to Row or Body Weight Squat THEN **TRX Pushup or Pushup on the Floor**

Walking or Alternating Lunges THEN **Prone Upper Back Extension or TRX/Band Wide Pull**

Seated Rotation with Medicine Ball THEN

One-Arm Triceps Kickback THEN **Mountain Climbers**

Alternating Side Lunges THEN **Chair/Bench Tricep Dips**

TRX Single Leg Squats THEN **TRX/DB/Band**