

# Full-Body Resistance Band Exercises [1-3 basic exercises]

Don't underestimate those stretchy rubber loops. Resistance bands can power your workouts, build muscle, boost mobility, and help you stay injury-free, all without breaking the bank.

Try these trainer-approved exercises to get stronger, fitter, and ready for anything.

## Warm-up

### Band pull-aparts

Muscles worked: Shoulders

Reps: 3 sets of 15

1. Grab your band with one hand at each end.
2. Extend your arms straight forward so that your elbows are straight and arms parallel with the ground.
3. Pull the band apart until the band touches your chest.
4. Relax your arms back to the starting position.
5. TIP: The closer your hands are to the middle, the harder this will be. Remember, it's a warm-up, so don't push it.

### Band shoulder rotations

Muscles worked: Shoulders

Reps: 3 sets of 10

1. Grab your band with one hand at each end.
2. Extend your arms straight forward so that your elbows are straight and arms parallel with the ground.
3. Reach your arms up, over your head, and behind your back as far as you can.
4. Bring your arms back to the start position.
5. TIP: Gently pull the band apart as you go through the movement.

### Band-assisted squats

Muscles worked: Glutes, quads

Reps: 3 sets of 12

1. Wrap your band around a door handle or pole and step back a few feet so that the band has tension. Hold one end in each hand.
2. Sit back and let the resistance of the band assist you as you squat down.
3. Go as low as you feel comfortable, then stand back up.

## **Lower Body**

Band split squat

Muscles Worked: Quads, glutes

Reps: 3 sets of 8 reps on each leg

1. Place the middle of the band under your left foot. Grab one end of the band in each hand.
2. Bring your hands up to your shoulders.
3. Step your right foot back.
4. Drop your right knee down to gently tap the ground, then lift back up to complete one rep. Keep your feet in place until all reps are completed, then switch legs.
5. TIP: If keeping your hands by your shoulders is too hard, you can keep them by your sides. If it's too easy, try pressing your hands up and holding them there until you switch legs.

Band squats

Muscles worked: Quads, glutes

Reps: 3 sets of 12

1. Step on the middle of the band with both feet, roughly shoulder-width apart.
2. Hold one end of the band with each hand.
3. Squat down, then stand back up to complete one rep.
4. TIP: To make it harder, bring your hands up to your shoulders and keep them there throughout the squat.

## **Upper Body**

Shoulder press

Muscles worked: Shoulders, triceps

Reps: 3 sets of 8 reps

1. Stand on the band with both feet in the middle. Hold one end of the band with each hand.
2. Bring your hands up to your shoulders.
3. Rotate your hands so that your palms face each other.
4. Press your hands up overhead until your elbows are straight.
5. Bring your hands back to your shoulders to complete one rep.
6. TIP: If this is too hard, you can sit on a chair and pass the band underneath the seat of the chair, then complete the exercise as described above.

### Bent-over row

Muscles worked: Lats, traps, rhomboids

Reps: 3 sets of 12 reps

1. Stand on the middle of the band with both feet. Grab one end of the band with each hand.
2. Cross the band by placing the left end in your right hand and vice-versa.
3. Stick your butt back, bend your knees slightly and lean over so that your chest faces the ground.
4. Pull your hands up towards your rib cage until your wrists touch your sides. Relax your arms back to the start position to complete one rep.
5. TIP: You can increase the resistance on the band by keeping your feet further apart.

### Band pulldown

Muscles worked: Lats

Reps: 3 sets of 12 reps

1. Find a place to hang your resistance band so that it dangles down. A pull-up bar works well.
2. Sit under the band and grab one end in each hand.
3. Sitting upright with a straight spine, pull the band down until your elbows are tucked in next to your rib cage.
4. Reach back up to complete one rep.

## **Core & Stability**

### Band rotations

Muscles worked: Obliques

Reps: 3 sets of 8 reps on each side

1. Wrap your band around a door handle or pole and grab one end in each hand. The band should be parallel to the ground and stable enough that it won't slip when you pull on it.
2. Clasp your hands together around both handles.
3. Point your body perpendicular to the band, stepping your feet out wide.
4. Hold your arms straight out in front of your body with your elbows extended.
5. Rotate your hands and shoulders away from the door handle or pole your band is wrapped around.
6. Relax back to the start position to complete one rep.
7. TIP: Keep some tension in the band throughout each rep. Don't relax too much at the end of the rep.

### Band Side Bends

Muscles worked: Obliques

Reps: 3 sets of 8 reps on each side

1. Stand with your feet in the middle of the band. Hold one end of the band with each hand.
2. Stand up tall with good posture.
3. Keeping your hands by your sides, dip your shoulders and bend down straight to the left. Don't lean forwards or backwards, go straight to the sides.
4. Go as far as you can to the left, then stand back up straight to complete one rep.
5. TIP: The further apart your feet are on the band, the more resistance you'll have.

## Mobility

### Band hamstring stretch

Muscles worked: Hamstrings

Reps: 30 seconds on each leg

1. Lie on your back with your legs out straight. Put the middle of the band under one of your feet and hold each end of the band with one hand.
2. Lie back and pull one the band to lift your leg.
3. Continue to pull the leg, keeping your knee as straight as possible, until you feel a stretch in your hamstring.
4. Stretch the leg for 30 seconds before relaxing and switching legs.

### Band behind-the-back stretch

Muscles worked: Shoulders, chest

Reps: 2 sets of 30 seconds

1. Grab one end of the band with each hand.

2. Lift the band up over your head and behind your back.
3. Continue to gently guide your hands down. Stop when you feel a stretch.
4. Hold there for 30 seconds, then relax and bring your hands back to the front of your body to end the stretch.

## **COMMON MISTAKES TO AVOID (bullets - 3 things)**