



Want to learn more about body weight exercises and the benefits? Ready for the next level of training? Then look no further as in this article we have just that for you! The great thing about bodyweight exercises is that you can do them anywhere, the biggest downside of bodyweight training is that you are limited in the amount of resistance you can use. This is why we have incorporated these exercises that only use a resistance band! What are you waiting for? Let's get training!



10 FULL-BODY RESISTANCE BAND EXERCISES

Band Exercises
Four level workout for your bands.

- LEVEL I 5 sets
- LEVEL II 4 sets
- LEVEL III 3 sets
- LEVEL IV 2 sets

10 STEAM ENGINE	10 FRONT KICK	12 REVERSE TABLE UP
14 BAND PULL IN	10 SEATED ROWING	12 DONKEY KICKS
12 PLIE SQUATS	10 LYING LEG LIFTS	14 LUNGES KICK BACK

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