

UPPER BODY RESISTANCE BAND WORKOUT

Equipment needed: At least one set of resistance bands. Ideally, one lighter and one medium resistance.
Workout format: This workout is comprised of two circuits. Each circuit should be performed for a total of 4 rounds. Each exercise should be performed for 30 seconds, followed by 15 seconds of rest.

CIRCUIT ONE

EXERCISE	WEIGHT	REPS / TIME	VIDEO / IMAGE LINK
FORWARD RAISES	LIGHT RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=l5gHquFAO4U
LATERAL RAISES	LIGHT RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=Bwd-8U1bHgW
TRICEPS KICKBACKS	LIGHT RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=A3hSUT1905Y
PULL APARTS	MEDIUM RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=Ry-Ku7xH3tY

CIRCUIT TWO

EXERCISE	WEIGHT	REPS / TIME	VIDEO / IMAGE LINK
BENT OVER ROW	MEDIUM RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=r2TIR07DAcQ
BICEP CURL	MEDIUM RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=ZFysSNsPXFI
OVERHEAD TRICEPS EXTENSIONS	LIGHT RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=4sj5y1HSi8M
RUSSIAN TWISTS	MEDIUM RESISTANCE	30 SECONDS ON / 15 SECONDS REST	https://www.youtube.com/watch?v=0jizzSeH1_k

NOTES

REST & MODIFY AS NEEDED, BUT MAKE SURE YOU ARE STILL PUSHING YOURSELF!

YOU GOT THIS!

XOXO,

ZOE LAURYN