

RESISTANCE BAND WORKOUT ROUTINE

CORE WORKOUTS



Glute Bridge



Bicycle



Mountain Climber



Side Plank



Sit Up

LOWER BODY WORKOUTS



Lunge



Calf Raise



Clamshell



Donkey Kick



Front Squat



Side Lunge

UPPER BODY WORKOUTS



Tricep Kickback



Shoulder Press



Rear Fly



Bicep Curl



Incline Chest Press



Front Raise



Chest Press



The Resistance Band Workout

Yicheng Fang



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