

EXERCISE CHART POWERBANDS MEDIUM



WARM UP

1. LATERAL STEP



Step on the band with feet together in a narrow stance. Lift the band up in front of the body to shoulder height with palms facing forward. Step one foot to the side before stepping the other foot in the same direction so feet are together. Repeat in the opposite direction.

2. OVERHEAD PULL APART



Stand with feet shoulder width apart, grab the band at each end and extend the arms overhead slightly in front of the body. Pull the hands apart, lengthening the band behind you, whilst dropping the hands to chest level. Return to start position and repeat.

3. UP AND OVER



Stand with feet shoulder width apart, grab the band at each end, arms lowered towards the hips. Keeping arms straight, bring the band overhead. Bend the elbows slightly to draw the band behind the body, finishing toward hips. Repeat in the opposite direction & return to start position.

ACTIVATION

4. SQUAT



Step on the band with feet shoulder width apart. Lift the band over your head and rest it on the shoulders. Keeping the chest lifted and eyes forward, sit the weight into the heels, dropping to a 90° knee bend. Return to start position and repeat.

5. DEADLIFT



Stand with feet shoulder width apart. Hold the band so that two loops form at each end. Lower the band and step one foot into each loop. Grab the whole band between the feet and lift to standing position. Tip from the hips keeping chest lifted and back straight. Allow the torso to tip approx. 45° so that hands are in line with the knees. Return to start position and repeat.

6. LUNGE



Step onto the band with one foot and lift the band up over the opposite shoulder. With feet hip width apart, step the free leg back into a lunge position. Drop the back knee until it reaches the line of the back heel. Ensure the front and back knee bend at approximately 90°. Return to start position and repeat on the other side.

7. OVERHEAD SQUAT



Step on the band with feet shoulder width apart. Lift the band overhead with extended arms, keep core tight to protect the back. Keeping the chest lifted and eyes forward, sit the weight into the heels squatting as low as possible without the arms or torso falling forward. Return to start position and repeat.

8. CHEST PRESS



Lay on the floor with knees bent, place the band under the upper back. Grab the loops of the band in each hand (palms facing knees) keeping elbows on the floor. Push through the hands until the arms are fully extended in line with the shoulders. Return to start position and repeat.

9. PUSH UP



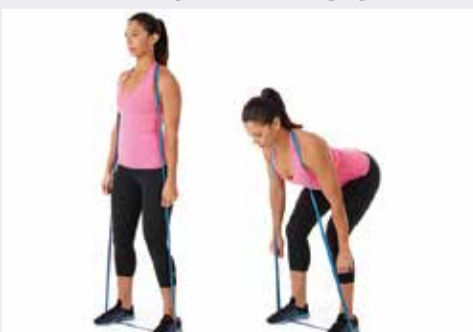
Place hands inside the band, one at each loop end. Take the band behind the upper back. Move into a push-up position, with hands slightly wider than shoulder width. Bend the elbows and lower the chest toward the floor, keeping abdominals braced to assist the movement. Return to start position and repeat. *Beginner option: knees on the floor throughout movement.*

10. SEATED ROW



Sit on the floor with legs extended, loop the band around both feet. Reach to grab the whole band between the feet. Leading with the elbows and squeezing through the back, pull the band towards the chest. Return slowly to the start position and repeat.

11. BACK EXTENSION



Step on the band with feet shoulder width apart. Lift the band overhead and rest it on the shoulders. Stand tall with chest lifted, allow the torso to tip approximately 45°. Return to start position and repeat.

12. ROTATING AIRPLANE



Step onto the band with one foot and lift the band up over the opposite shoulder. Lift the free leg to the rear keeping the hips square to the ground. Keeping the core firmly braced, rotate outwardly (same side as the lifted leg). Resist the tension in the band to return to the start position. Repeat on the other side.

13. SWING



Stand with feet shoulder width apart. Hold the band so that two loops form at each end. Lower the band and step one foot into each loop. Grab the whole band between the feet from a 45° tipped torso position. Push forward through the hips with speed, keeping arms straight. Return to start position and repeat.

14. BICEP CURL



Step on the band with feet shoulder width apart. Grab the band in each hand, palms facing forward. From this position, keep the elbows close to the body and squeeze through the biceps, lifting the hands to shoulder height. Return to start position and repeat.

15. OVERHEAD TRICEP EXTENSION



Step one foot onto the band, taking it forward in a staggered stance. Using the hand of the same side, grab the band and lift it to shoulder height, elbow bent and palm facing inward. Keeping the elbow in this position, extend the arm pushing the hand towards the ceiling. Return to start position and repeat.

16. LATERAL PULL APART



Stand with feet shoulder width apart. Grab the band at each end and extend the arms keeping them at shoulder height. Squeeze through the back and pull the hands apart, lengthening the band before returning to start position and repeat.

17. HIGH PULL



Step on the band with feet shoulder width apart. Grab the band in each hand, palms facing backward. Leading with the elbows, pull the hands up towards the chin with speed whilst rising onto the balls of the feet. Return to start position and repeat.
Beginner option: keep the feet grounded.

18. OVERHEAD PRESS



Step on the band with feet shoulder width apart. Lift the band in front of the body to shoulder height with palms facing forward. Push the hands overhead to an extended arm position, keeping the core tight to protect the lower back. Return to start position and repeat.

WORKOUTS

WARM UP

3 MINUTES

This warm up is for all workouts.

Exercise	Repetitions/Time	Orientation
1	20 reps	N/A
2	10 reps	N/A
3	10 reps	N/A

Repeat sequence as a circuit x 2

PULL/ LUNGE/ BEND WORKOUT

30 MINUTES

This workout covers the remaining three of the six key movement patterns; Pull, Lunge and Bend

Exercise	Repetitions/Time	Orientation
10	15+15 reps	30 sec rest
17	15+15 reps	30 sec rest
6	10+10 reps	R+L side
6	15+15 reps	R+L side
5	15+15 reps	30 sec rest
16	15+15 reps	30 sec rest
6	10+10 reps	R+L side
6	10+10 reps	R+L side
11	10+10 reps	30 sec rest
14	10+10 reps	30 sec rest
13	10+10 reps	R+L side
13	10+10 reps	R+L side
6	10+10 reps	R+L side
6	10+10 reps	R+L side

COMPLETE WORKOUT

45 MINUTES

This workout combines all six key movement patterns for a complete full-body workout.

Exercise	Repetitions/Time	Orientation
4	15+15 reps	30 sec rest
5	15+15 reps	30 sec rest
10	15+15 reps	30 sec rest
6	10+10 reps	R+L side
6	10+10 reps	R+L side
8	15+15 reps	30 sec rest
17	15+15 reps	30 sec rest
12	10+10 reps	R+L side
12	10+10 reps	R+L side
7	10+10 reps	30 sec rest
9	10+10 reps	30 sec rest
15	10+10 reps	R+L side
15	10+10 reps	R+L side
18	15+15 reps	30 sec rest
11	10+10 reps	30 sec rest
16	15+15 reps	30 sec rest
13	10+10 reps	R+L side
13	10+10 reps	R+L side
12	10+10 reps	R+L side
12	10+10 reps	R+L side
14	10+10 reps	30 sec rest

PUSH/ SQUAT/ ROTATE WORKOUT

30 MINUTES

This workout covers three of the six key movement patterns used in training; Push, Squat and Rotate.

Exercise	Repetitions/Time	Orientation
4	15+15 reps	30 sec rest
8	15+15 reps	30 sec rest
12	10+10 reps	R+L side
12	10+10 reps	R+L side
7	10+10 reps	30 sec rest
9	10+10 reps	30 sec rest
12	10+10 reps	R+L side
12	10+10 reps	R+L side
4	15+15 reps	30 sec rest
18	15+15 reps	30 sec rest
15	10+10 reps	R+L arm
15	10+10 reps	R+L arm

“CHANGE comes when you SAY **yes** to YOURSELF”

Every time you use this item, you are saying YES to your goals and YES to the person you want to be.

For more tools, tips and exercises or if you want to know more about “YESOLOGY”, go to www.michellebridges.com.au