

EXERCISE CHART

MICRO SCULPTING BANDS



WARM UP

1. KNEELING SPINAL ROTATIONS



Begin on all fours, knees directly under the hips, elbows and wrists under the shoulders. Take one hand and place it behind the head. Turn outward as far as you can on that side raising the elbow towards the ceiling. Repeat on the other side.

2. KNEELING HIP CIRCLES



Begin on all fours, place knees directly under the hips, elbows and wrists under the shoulders. Take one knee and raise it before moving it in a clockwise direction. Avoid twisting the torso as you perform the rotations. Repeat on the other side.

3. BACK BENDS



Assume plank position with wrists and elbows under the shoulders. Drop hips slowly towards the floor as you look upwards. Squeeze shoulder blades together and open chest. Hold for 5 seconds before pushing back to plank.

ACTIVATION

4. STEP MATRIX



Place the band around the ankles, feet hip width apart. Take a half step forward before returning to the start. Repeat the process for a side half step and a back half step. Change to the opposite side and repeat.

5. KNEE BRIDGE



Lie on the floor with the band above the knees. Ensure feet are flat on the floor, hip width apart. Raise hips into a bridge without any inward movement of the knees. At the top, push the knees outwards before lowering without the knees moving.

6. SIDE-LYING HIP ROTATION



Lie on your side with the band above the knees. Bend the knees to 90° and keep the bottom leg flat to the floor. Open the hips by lifting the top knee away from the bottom knee whilst keeping the feet together. Hold for two seconds before returning to the start position. Repeat on the other side.

7. SHOULDER ACTIVATION



Place the band around the wrists. In a straight-arm position, move the hands away from each other ensuring a controlled movement. Keep the chest lifted and shoulder blades back and down.

8. EXTERNAL ROTATION



Grab the band with both hands and bend the elbows to 90°. Keeping the elbows beside the rib cage, take one hand away from the midline of the body. Keep the other hand stationary, acting as an anchor.

yes

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

“CHANGE comes when you say yes! to yourself”

Mish XXX

CONDITIONING

9. STANDING LIFTS



Place the band around the ankles. Lift the foot off the ground, extending the leg forward without moving the hips. Hold at the top for two seconds before slowly returning to the start. Repeat the process for a side lift and a reverse lift. Repeat on the other side.

10. PLANK LIFTS



Assume plank position with the band around the ankles. Lift the foot off the floor and hold for two seconds before repeating on the other side. Keep your hips level and brace your core.

11. BEAR CRAWL



In a low crouch position with the band around your ankles, walk the alternating arm and leg forward on a diagonal. Repeat to move forward four times before returning to the start by moving backwards four times. Repeat on the other side.

12. TRICEP PUSHDOWN



Grab the band in the right hand and take it to the left shoulder to act as an anchor. Grab the other end with the left hand, palm facing down. Push down to straighten the left arm, keeping the elbow close to the rib cage. Repeat on the other side.

13. HAMMER BICEP CURL



With straight arms, grab the band in both hands shoulder width apart, palms facing in. Keeping one arm stationary as an anchor, take the other hand to the shoulder on the same side. Return to the start position and change sides.

CONDITIONING ONLY

15 MINUTES

This conditioning workout has a combination of traditional strength moves with stabilizing moves that require higher levels of core stability. Use it to work the upper and lower body in a concentrated time-efficient workout.

Exercise	Repetitions/Time	Orientation
9	5+5 reps	R+L side
11	2 reps	N/A
12	10+10 reps	R+L arm
10	5+5 reps	R+L leg
13	20 reps	Alternating sides

Repeat sequence as a circuit x 3

CARDIO

14. JUMPING JACK



Place the band around the ankles with the feet shoulder width apart. Jump out to hip width without letting the knees fall inwards. Add overhead arms when confident with the leg action.

15. SCISSOR RUN



Place the band around the ankles with feet shoulder width apart. Keeping this stance, scissor run by simultaneously switching the front foot position with the back foot position. Repeat this action continuously.

16. WIDE TUCK JUMP



Place the band around the ankles with feet hip width apart. Jump up, bringing the knees towards your chest. Start small and progress to larger, more dynamic jumps over time. This is an advanced move, use of the band is optional.

17. FAST FEET



Place the band around the ankles with feet together. Starting on the right leg, run laterally, taking the right then left leg out before bringing the right and left leg back. Think to yourself 'out, out, in, in' as you run. Repeat with left leg as the lead.

18. SKATER HOP



Place the band around the ankles and start with your feet together. Lift one foot slightly off the floor and hop laterally to the other foot. Start with small alternating hops and progress to wider hops when more confident.

CARDIO ONLY

15 MINUTES

This intense cardio workout is more advanced and suitable for users who have been training with the bands on a regular basis. A great cardio and fat burning opportunity awaits!

Exercise	Repetitions/Time	Orientation
14	45 secs	N/A
15	45 secs	N/A
16	45 secs	N/A
17	45 secs	N/A
18	45 secs	N/A

Repeat sequence as a circuit x 2

WORKOUTS

WARM UP

3 MINUTES

This warm up is for all workouts.

Exercise	Repetitions/Time	Orientation
1	10+10 reps	R+L arm
3	10 reps	N/A

Repeat sequence as a circuit x 2

ACTIVATION WORKOUT

15 MINUTES

This activation series is a great pre-workout idea as it strengthens many of the stabilizing muscles needed in active movement. Use it to improve endurance in targeted muscles or as a warm up for other types of exercise.

Exercise	Repetitions/Time	Orientation
5	10 reps	N/A
6	10+10 reps	R+L side
7	10 reps	N/A
8	10 reps	N/A

Repeat sequence as a circuit x 3

YIN & YANG WORKOUT

30 MINUTES

This workout is the best of both worlds. Combining ACTIVATION and CARDIO workouts ensures muscles are prepared and ready to fire when placed under pressure. We've re-ordered the exercises to keep your muscles guessing so you receive maximum benefits from your workout.

ACTIVATION WORKOUT

Exercise	Repetitions/Time	Orientation
8	10 reps	N/A
7	10 reps	N/A
6	10+10 reps	R+L side
5	10 reps	N/A
4	5+5 reps	R+L side

Repeat above sequence as a circuit x 3

CARDIO WORKOUT

Exercise	Repetitions/Time	Orientation
16	45 secs	N/A
17	45 secs	N/A
14	45 secs	N/A
18	45 secs	N/A
15	45 secs	N/A

Repeat above sequence as a circuit x 2

BODY BLITZ WORKOUT

45 MINUTES

Test your strength, cardio fitness and mobility in this complete workout program. Combining all our sculpting band workouts, it's an interval session sure to test all aspects of physical fitness.

Exercise	Repetitions/Time	Orientation
8	10 reps	N/A
11	2 reps	N/A
14	45 secs	N/A

1 minute rest and recovery

6	10+10 reps	R+L side
10	5+5 reps	R+L leg
18	45 secs	N/A

1 minute rest and recovery

5	10 reps	N/A
9	5+5 reps	R+L side
17	45 secs	N/A

1 minute rest and recovery

7	10 reps	N/A
13	20 reps	Alternating
15	45 secs	N/A

1 minute rest and recovery

4	5+5 reps	R+L side
12	10+10 reps	R+L arm
16	45 secs	N/A

Repeat entire sequence as a circuit x 2