



Standing Diagonal

Standing with the band over your shoulder with straight arms pull the band towards your feet as you twist.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Chest Press Lunge Stance

Standing in a lunge with the band behind you and shoulder height alternate pushing 1 arm forward as you twist keeping the lower body from moving.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Incline Row Lunge Stance

Standing in a lunge with the band low by your feet alternate pulling 1 arm back as you pull the shoulder back keeping the lower body from moving.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week

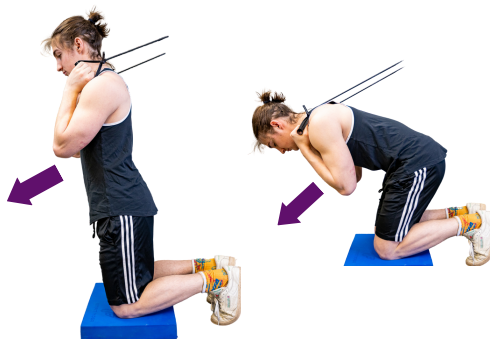


Lawn Mower

Standing with the band by your feet pull the band back as you rotate your torso.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week



Kneeling Crunch Balance Pad

Kneeling on a balance pad or pillow and the band behind you overhead crunch forward toward the floor.

Repeat 10 times
Complete 3 sets

Hold 1 second
Perform 3 times a week