

DO ANYWHERE BAND WORKOUT

Exercise	Set 1 Reps	Set 2 Reps	Set 3 Reps
Band Squats	10	15	20
Band Overhead Press	10	10	10
Bicycles	30*	40	50
Walking Lunge	20*	24	30
Band Lat Row	10	15	20
Band Chest Press	10	12	15
All Fours Crunch	15	20	25
Band Lat Pulldown	10	15	20
Band Triceps Extension	15	15	15
Band Bicep Curl	12	12	12

*Repetitions per leg | "30" = 15 repetitions on each leg

Do It Right

- Complete 1 set of each exercise, in order, as noted above
- Rest for 30 seconds at the end of the first circuit
- Repeat for a total of 3 circuits

