

Banded Workout

Complete A1, 2 & 3 twice, before moving onto B1, 2 & 3. Complete B1 2 & 3 twice before moving onto C1 & 2.

	Exercise Link	Reps	Sets
A1	Banded Squat	10	2
A2	Banded Shoulder Pulse	30 sec	2
A3	Bent Over Row	10 / side	2
B1	Banded Split Squats	10 / side	2
B2	Band Pull Aparts	10	2
B3	Banded Plank Row	8 / side	2
C1	Banded Glutes	10 abduction 8 / side hydrant	2
C2	Palof Press	10 / side	2