



Bariatric
CENTERS OF AMERICA

Resistance Band Workout Guide

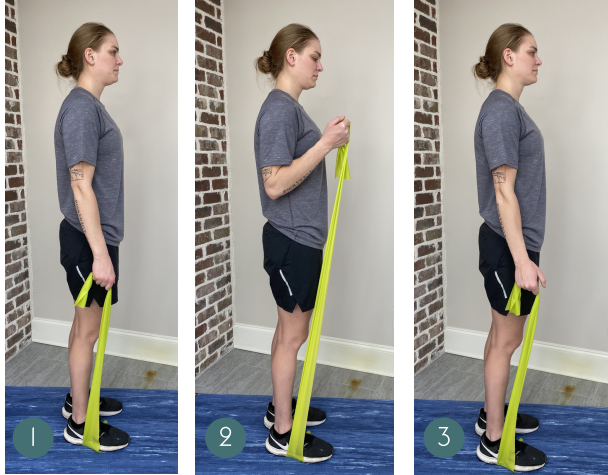
A GUIDE TO WORKOUTS WITH MINIMAL
EQUIPMENT FOR EVERY MUSCLE GROUP

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ARM EXERCISES

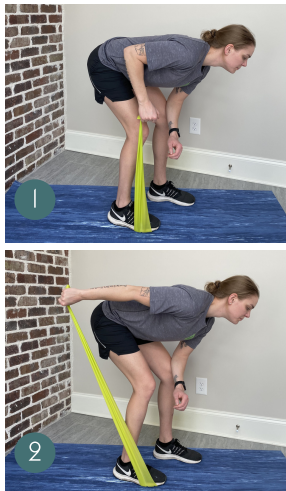
ARMS

Bicep Curl



Stand with feet shoulder width apart and one foot on the end of the band. Grasp onto the other end of the band with your hand. Start with your arms down at your sides. With thumbs facing forward, pull your arm up towards your shoulder by bending at the elbow until you get a good bicep contraction. Slowly lower back down. Repeat on each side.

Tricep Kickback



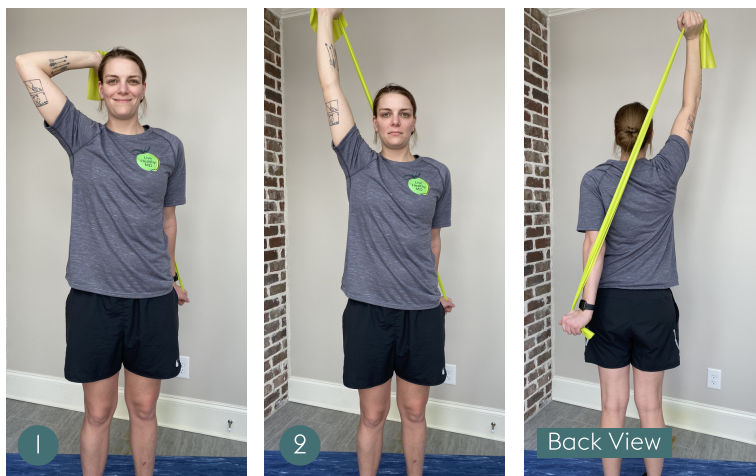
Bend at your hips, creating a flat back. With your arms tucked by your side, create a 90-degree angle with your arm. Kick your hand back until your arm is fully extended and parallel with the floor. Lower your arm back down. Repeat on each side.

Seated Preacher Curl



Sit up tall on the floor with your legs in front of you and your knees slightly bent. Loop the resistance band around the bottom of your feet and grasp the ends in your hands. Start with your arms extended and hands by your knees, palms facing up. Bend your arms and move your palms towards your forehead, keeping your arms in close to your sides. Slowly return to the starting position. Repeat on each side.

Tricep Extension



Stand with your feet shoulder width apart. Grip the ends of the band in both hands. With one arm extended down by your side, bring your other arm above your head with a bend in the elbow. Fully extend the bent arm straight above your head, feeling the tension in your tricep. Slowly lower your hand back down behind the back of your head until your elbow is bent 90-degrees. Press your hand back up overhead slowly. Repeat on each side.

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BACK EXERCISES

BACK

Face Pull



Sit on the floor with your legs in front of you, knees slightly bent. Hold the resistance band in both hands and loop it around your feet. Pull the band toward your forehead as you flare your elbows out. Bring the band back to the starting position.

Bent Over Row



Stand on the resistance band and bend at the hips. Hold both ends of the band. Extend your arms down so they hang just under your knees. Squeeze your shoulder blades together and lift the band up towards your upper ribs. Lower the band back down and repeat.

Pull Apart



Stand with your feet shoulder width apart. Grip the band on each side, leaving a little slack on the ends. With palms facing down, extend your arms out in front of you. Keeping your arms straight, pull the band out until your shoulder blades contract. Return and repeat.

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CHEST EXERCISES

CHEST

Standing Chest Press



Wrap the band around your back and grasp it in each hand. Position your hands at chest height. With elbows up and palms facing down, press the band straight out in front of you until your arms reach full extension, feeling the contraction in your chest muscles. Return to the starting position.

Pushups



Grasp the end of a band in one hand and wrap it around your back. Get into a pushup position with your hands shoulder width apart and your core braced. Pin both hands to the floor with the ends of the band in your palms. Bend your arms to a 90-degree angle, then push up feeling the resistance of the band on your back.

Chest Fly



Grasp the end of a band in one hand and wrap it around your back. With your thumbs facing up, bring your hands together in front of your chest. Now, release and let your arms fly out. Using the band's resistance, bring your hands together again.



CORE EXERCISES

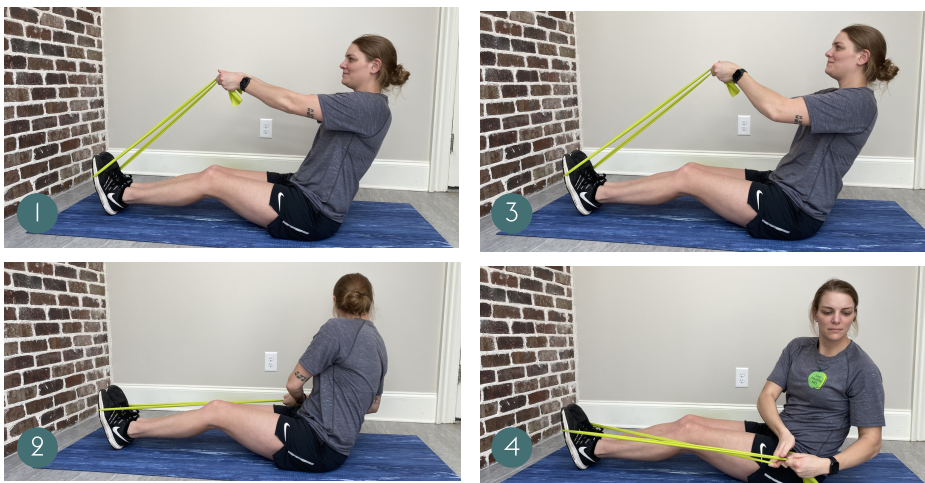
CORE

Kneeling Crunch



Attach the band to a high anchor (such as the top of a door) and kneel down, grabbing each end of the band. With your arms bent at a 90-degree angle and your core engaged, crunch down toward your hips while contracting your abs. Slowly return to the starting position.

Russian Twists



Sit on the floor with legs extended, wrapping the center of the band around the bottom of your feet. Grasp the end of the bands in your hands. Slightly bend your knees, keep your feet on the floor, and lean back as far as you can. Rotate the band right by bringing your left arm across your body and your right hand down by your right hip. Contracting your oblique muscles, bring the band toward your right hip while keeping your middle and low back neutral. Return to the starting position. Rotate left then right.

Woodchopper



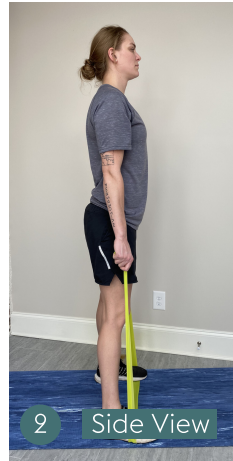
Stand with your feet hip width apart and one foot on one end of the resistance band. Hold the other end of the band with both hands interlocking your fingers. With straight arms, slowly raise your hands in front of you and out to the opposite side of the foot holding the band. Keep moving until your hands are just above your head and you are twisting in your obliques (side abs). Slowly lower your hands back to the starting position following the same pattern. Repeat on both sides.

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LEG EXERCISES

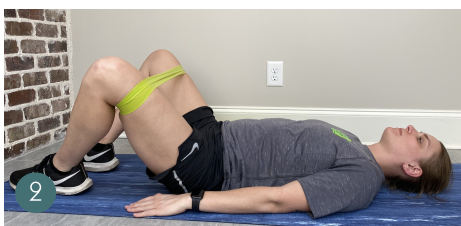
LEGS

Front Squat



Stand on the band with feet slightly wider than shoulder width apart. Holding the ends of the band in each hand, squat down pressing your knees over your toes. Stand straight up, feeling the resistance from the band.

Lying Hip Abduction



Tie the band together to create a loop and place around your legs, right above your knees. Laying flat on the floor, bend your knees. With your feet planted on the floor, pull your legs apart, creating tension on the band.

Glute Bridge



Laying flat on the floor with your knees bent, place the band across your hips. Hold the end of the band in each hand and keep your hands pinned to the floor. Raise your hips until your shoulders, hips, and knees align, contracting your glutes.

Standing Donkey Kicks



Tie the band together, creating a loop and place around your ankles. Kick your leg back, contracting your glutes. Maintain good posture. If needed, hold onto a stable object for balance. Repeat on both sides.



SHOULDER EXERCISES



SHOULDERS

Lateral Raise



Stand with your feet about shoulder width apart and the resistance band underneath one foot. Grasp onto the other end of the band. Keeping your arm straight with a slight bend in the elbow, raise your hand out to the side, coming up to about shoulder height. Return your arm to your side. Repeat on each side.

Upright Row



Stand/kneel with both feet/knees in the middle of the resistance band. Grasp onto each end. Row your hands up towards your chin letting your elbows flare out to the sides. Pause at the top. Repeat on both sides.

Front Raises



Stand with your feet about shoulder width apart and the resistance band underneath the front of one foot. Grasp onto the other end of the band. Keeping your arm straight with a slight bend in the elbow, raise your hand out in front, coming up to about shoulder height. Return your arm to the front of your body. Repeat on both sides.

THANK YOU!

Thanks for downloading our Resistance Band Workout Guide. We hope you enjoy this guide and it helps you accelerate your fitness goals.

We would love to see your success, so tag us on Facebook or Instagram @BariatricCenters to show us your results or let us know what you think!



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