

Exercises:

Chest:

- **Bench Press**

For this you will need a bench of some sort with a leg you can lift. Secure the band under the leg nearest your head, lie down on the bench and press up like you would a barbell bench press.



- **Cross-over**

Secure band around a stationary post (a poll or something of the like), step back enough to begin tension. Stand facing away from post with arms raised to sides, palms forward. Keeping your arms straight, bring them across your chest.



Biceps:

- **Curls**

Stand on band with leg width appropriate so tension will start with arms straight down. Holding handles palms up, curl as you would dumbbells.



Triceps:

- **Triceps Extensions**

Stand on band with leg width set so tension begins at height of your hand with arms behind your back (over your head) and elbows flexed. Extend your arms as you would with Triceps extensions.



- **Skull-Crushers**

Set up the band as you did with bench press. Point your elbows forward and up, and perform skull-crushers as you would with a barbell.



Shoulders:

- **Shoulder Press**

Stand on band so that tension starts with hands by your shoulders. Hold handles palms forward with bottom part of handle on backside of your hand. Press upward as you would a dumbbell press.



- **Lateral Raises**

Stand on band so tension begins with arms at sides. Keeping your arms straight, raise your arms out to your sides so they are parallel with the floor.



- **Upright Rows**

Stand on band so tension begins with arms at sides. Pull upwards as you would with a barbell upright row.



Upper Back:

- **Row**

Fix band around a stationary post (or feet). Stand back so tension begins with arms raised in front of you. Keeping feet planted (or sitting), pull back as you would with a cable row.



- **Back Flyes**

Fix band around a stationary post. Stand back so tension begins with arms raised in front of you. Keeping your arms straight and feet planted, move your arms back so they are extended to your sides.



Lower Back:

- **Good-Mornings**

Stand on band so tension starts with hands clasped behind neck. Keeping legs straight or slightly bent, stand up straight, raising back as in a normal good-morning.



Quads:

- **Squats**

Stand on bands so tension begins with hands by shoulders and in a squatted position. Stand up; keeping hands by shoulders, performing as you would a barbell squat.



Calves:

- **Calf Raises**

Stand on band so tension begins with hands by shoulders and standing straight up. (Make sure you are standing on the band with your toes). Keeping hands by your shoulder, stand up on your toes as you would with a barbell calf raise.

Abs:



- **Weighted Sit-ups**

If you have a decline bench, you can fix the band around the base of the bench and perform weighted decline sit-ups on that. Otherwise, fix the band around a stationary post and lie on the floor facing away from the post. Holding your hands by your head, perform sit-ups or crunches.

