

# Full-Body Workout: Weeks 4-7



It is important to know that you are not looking for perfection but progression. Any movement is better than no movement. Track each exercise. If you are not able to complete any of the exercises, do not be discouraged, this simply means there is room for improvement. Keep a journal of each session so you can track your progress. Progress can be defined as changes in body composition, balance, strength and endurance. Do this routine two times per week.

**Equipment:** Resistance Bands

Start with two cycles of the Dynamic Warmup

| Exercise                                  | Duration               | Instructions  |
|---|------------------------|---|
| <b>SPLIT STANCE ROW</b>                   | Sets: 1<br>Reps: 15-20 | <ol style="list-style-type: none"><li>1. Start in a lunge position with one foot forward and the other foot behind you.</li><li>2. Place the resistance band under your front foot and hold the bands with your elbows facing out and your palms down.</li><li>3. Slightly bend forward at your hips while keeping your back and neck straight.</li><li>4. Exhale as you pull the band up to your shoulder level allowing your elbows to bend at about 90%.</li><li>5. Slowly lower the band to starting position and repeat.</li></ol> |
| <b>SQUAT AND BICEP CURL</b>               | Sets: 3<br>Reps: 15-20 | <ol style="list-style-type: none"><li>1. Stand on the middle section of the band with your feet just outside of hip width and your hands at your sides.</li><li>2. Come to a squat position keeping your knees behind your toes.</li><li>3. Bring your thighs almost parallel to the floor, then return to standing position.</li><li>4. Bend your arms forward at the elbows with your palms facing up and curl the band up to your shoulders.</li><li>5. Lower arms back to side and repeat entire movement.</li></ol>                |
| <b>STANDING UPRIGHT ROW</b>               | Sets: 3<br>Reps: 15-20 | <ol style="list-style-type: none"><li>1. Stand on the middle section of the band with your feet just outside of hip width.</li><li>2. Crisscross the bands with your arms in front of your body and palms facing back toward your body.</li><li>3. Pull the band straight up with your elbows high so your hands rise to your chin.</li><li>4. Lower your hands back to the starting position and repeat.</li></ol>   |
| <b>ALTERNATING FORWARD SHOULDER RAISE</b> | Sets: 3<br>Reps: 15    | <ol style="list-style-type: none"><li>1. Stand on the resistance band with your feet shoulder-width apart.</li><li>2. Hold the band with your elbows slightly bent and your palms facing backward.</li><li>3. Exhale and stretch the resistance band with one arm out in front of you to shoulder height.</li><li>4. Slowly lower the band and repeat with other arm.</li><li>5. Repeat this for desired number of reps.</li></ol>  |

*Consult your physician before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare provider advises against it.*

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| Exercise                            | Duration               | Instructions   |
|-------------------------------------|------------------------|--|
| <b>BAND PULL WITH LATERAL LUNGE</b> | Sets: 3<br>Reps: 15-20 | <ol style="list-style-type: none"><li>1. Hold resistance band parallel to the floor with your arms in front of you.</li><li>2. With your right foot, step out to the right and slightly squat toward the ground by bending your right knee.</li><li>3. As you do this, with the band in front of you, keep your arms straight and pull your arms back and open, squeezing your shoulder blades together as you open your arms.</li><li>4. Once lowered to the desired position (no more than thigh parallel to the ground) push off your right foot to stand back up.</li><li>5. At the same time, bring your arms back together in front of you.</li><li>6. Repeat on your left side.</li><li>7. Continue repeating back and forth until you reach your desired reps.</li></ol> |
| <b>ABDUCTOR STEP OUTS</b>           | Sets: 3<br>Reps: 15-20 | <ol style="list-style-type: none"><li>1. Place the resistance band around your ankles.</li><li>2. Start with your feet hip-width apart and your hands on your hips.</li><li>3. Step out to one side with one foot pressing against the resistance of the band.</li><li>4. Step in the same direction with your other foot releasing the tension in the band.</li><li>5. Alternate from side to side, keeping your knees slightly bent, your abs tight and your back straight.</li></ol>  |
| <b>SIDE LATERAL RAISE</b>           | Sets: 3<br>Reps: 15    | <ol style="list-style-type: none"><li>1. Stand in the center of the resistance band with your feet shoulder-width apart.</li><li>2. Hold the handles with your elbows slightly bent and your palms facing inward toward your body.</li><li>3. Exhale as you stretch the bands to shoulder height with your arms fully extended out to your sides.</li><li>4. Slowly lower the bands to the starting position and repeat to your desired number of reps.</li></ol>  |
| <b>SQUATS</b>                       | Sets: 3<br>Reps: 15-20 | <ol style="list-style-type: none"><li>1. Stand with your feet shoulder-width apart.</li><li>2. Place your hands on your hips.</li><li>3. For added core resistance, place your arms straight above your head.</li><li>4. Sit down and back into a squat position (like sitting in a chair), keeping your knees behind your toes.</li><li>5. Bring your thighs almost parallel to the floor, then return to standing position.</li></ol> <p><i>Note: For added resistance, add the resistance band by placing it below your feet and place your hands either at your side or curled up by your shoulders for even more resistance.</i></p> <ol style="list-style-type: none"><li>6. Repeat for desired amount of reps.</li></ol>  |

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