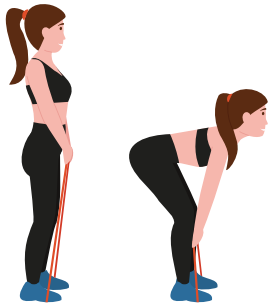


Resistance Band Exercises

Enjoy these exercises with the bands in your kit!



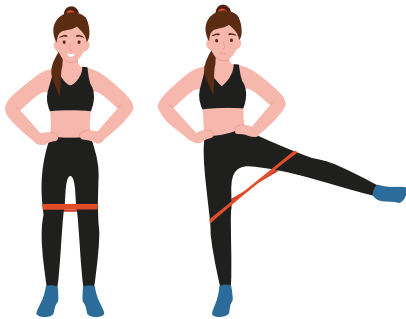
Deadlift



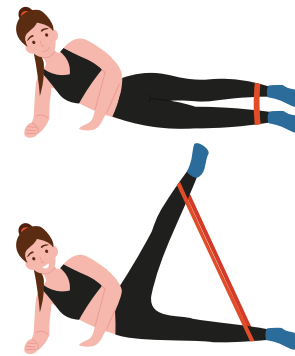
Pelvic lift



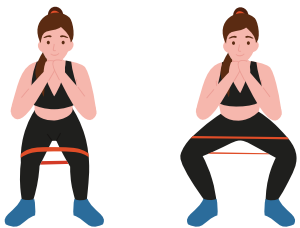
Lunges



Leg side abduction



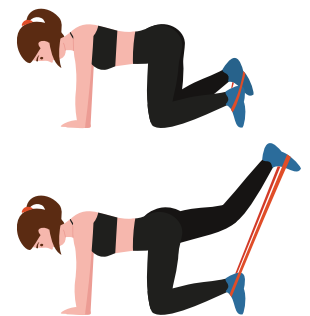
Side lying leg raise



Standing clamshell



Squats



Donkey kick backs

