

# TONING BAND

EXERCISE CHART



Target Body Part : Arm, Back



**Seated Row**- Sit on the floor with your legs extended. Wrap the middle of the band around the arches of your feet. Grasp the end of the band with the palms of your hands facing each other. Keep the elbows in toward your body and pull the band toward your chest. Squeeze your shoulder blades together. Release back to the starting position. Do 15 reps.

Target Body Part : Chest



**Seated Chest Press**- Sit on the floor with your legs extended. Place the band behind your upper back and hold onto each end of the band. Keep your elbows in close to your side and extend your arms straight out in front of your chest. Return to the starting position.

Fitness Begins At Home

Target Body Part : Upper Body



**Seated Overhead Extension**- Sit on the floor with your legs extended. Grasp one end of the band with your right hand and place your arm behind your head, elbow bent. Let the band hang behind your back and grasp the band with your left hand according to your resistance level. Extend the right arm straight up to the ceiling and then return back to the starting position. Do 15 reps and then repeat on the other arm.



**Seated Lateral Raise**- Sit on the floor with your legs extended. Grasp one end of the band with your left hand and place the left hand on your hip or behind your back. Grasp the other end of the band with your right hand and place it down by your side. Extend the right arm straight out from your side to shoulder level. Bring your arm back down to the starting position. Do 15 reps and then repeat on the other side.

Target Body Part : Lower Body



**Static Lunge**- Place your legs in a split lunge position. Keep your back leg straight and bend your front leg bringing your knee directly above your ankle. Step on the band with the front leg and hold onto each side of the band as close to your foot as possible. Straighten your front leg and then bend back to the starting position. Do 15 reps and then repeat on the other leg.



**Side Step**- Stand on the center of the band. Hold onto each end of the band. Side-step to the right 8 times and then change direction. Step to the left 8 times.

Fitness Begins At Home

Target Body Part : Abs, Legs



**Dead Lift**- Stand on the center of your band. Stand with feet hip-width apart. Bend forward from the hip until your back is parallel with the ceiling. Grasp each end of the band. Make sure there is no slack in the band. With back is straight, slowly lift your torso up toward the ceiling. Repeat 15 times.

Target Body Part : Glutes, Outer Thighs



**Leg Lift**- Lie down on the floor. Bring your legs up toward the ceiling above your hips. Place the center of the band over the arches of your feet and hold onto the band making sure there is no slack. Straighten your legs and slowly lower your legs down toward the floor and then back up to the starting position. Do this 15 times.

Target Body Part : Arm



**Concentration Curl**- Kneel on your left knee and bring your right leg in a bent position in front of you. Step on one end of the band with your right foot and grasp the band with your right hand and rest your right elbow on your right thigh. With your palm facing up, bring your hand up toward your shoulder. Release back to the starting position. Do 15 reps and then repeat on the other arm.

Target Body Part : Arm



**Biceps Curl**- Kneel on the center of your band. Grasp each end of the band, palms up. Bring your hands toward your shoulders. Release back down to the starting position. Do 15 reps.

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Target Body Part : Abs



**Seated Twist**- Sit on the floor with your legs extended. Hold onto the band with both hands, arms straight, and bring the band up to chest level. Make sure your arms are shoulder width apart. Isolate your lower body and twist your torso to the right as far as you can go and then to the left. Do this 16 times.

Target Body Part : Abs



**Hundred**- Lie on the floor and bring your legs up to a 90-degree angle. Place the band behind your thighs and hold onto each end of your tube. Bring your shoulder blades up off the floor. Keep your arms straight and pump your arms up and down 100 times.

Fitness Begins At Home



**Roll-Up**- Place the center of the tube around the arches of your feet. Grasp the band with your hands so that the band is tight. Slowly roll back one vertebra at a time until the head hits the floor. Slowly roll back up one vertebra at a time to a seated position. Do 15 reps.



**Lat Pull Down**- In a seated cross legged position, hold onto the band with both hands and bring the band over your head. Keep the left arm up and pull the right elbow toward your right hip and then return to the starting position. Do 15 reps and then repeat on the other arm.

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