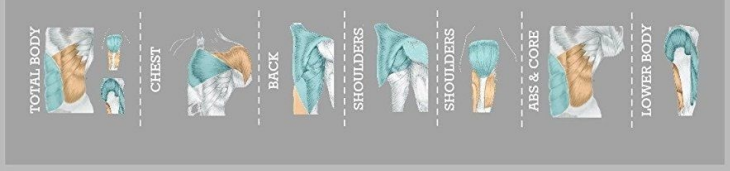
RESISTANCE BAND WORKOUT

FITCOZI Shape Your Fitness

MUSCLES



PERFORM WORKOUT AS FOLLOWS:

1. Select 1-2 exercises per body part.
2. Perform the appropriate rep and set range for your goal.

FITNESS GOAL	REPETITIONS	SETS
ENDURANCE	15-20 REPS	1-3 SETS
STRENGTH	12-15 REPS	2-4 SETS
TONING	8-10 REPS	1-3 SETS

TOTAL BODY

1 RDL to Row | 2 One-Leg RDL to Row | 3 One-Leg Squat to Row | 4 Wood Chop | 5 Flexion

CHEST

6 Split Press | 7 Press | 8 Chest Fly | 9 Split Fly | 10 One-Arm Press

BACK

11 Pulldown | 12 Row | 13 Reverse Row | 14 Alternating Row | 15 One-Arm Row

SHOULDERS

16 Facepull | 17 Reverse Fly | 18 High Row | 19 One-Arm High Plull | 20 Kneeling Lift

ARMS

21 Kickback | 22 Pushdown | 23 Reverse Pushdown | 24 Curl | 25 One-Leg Curl

ABS & CORE

26 Side Plank Row | 27 Kneeling Chop | 28 Crunch | 29 Core Chop | 30 Core Press

LOWER BODY

31 Pull-Through | 32 Extension | 33 Abduction | 34 Adduction | 35 Band Walk

	REPETITIONS	SETS
REPS	8-20	1-4
SETS		

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