

THE 10 MINUTE WORKOUT

with **adbands**[®] Workout Bands[™]

Workout Bands[™] exercises are a great way to fit strengthening, toning, and stretching into your busy schedule. We recommend that you warm up for 3-5 minutes before beginning the exercises. You can march in place, do a step touch, or walk up and down a step. You can increase the resistance in your exercises as you get stronger. The closer your hands are to the knot, the more resistance you will have. Give your body time to rest between workouts by alternating upper body, lower body, and core workouts. Visit ad-bands.com for more Workout Bands[™] exercises.

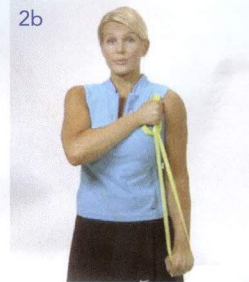
1 SINGLE BICEP CURL



Grab the band with a fist grip in one hand, and take it across the body to the opposite side hip^{1a}. Slide other hand through the band loop and make a fist grip. Keep your elbow stationary, and curl your arm up and down^{1b}. For more resistance, hold band close to the knot. For less resistance, hold band further from the knot. Repeat other side.

Reps: 12 to 18 per side
Targets: Front of Arm

2 TRICEP PRESS DOWN



Take band in one fist grip and place it on the opposite shoulder. Grab bottom of band, through loop, and make a fist grip^{2a}. Keep your elbow stationary and press down, moving only the lower arm^{2b}. When you get to a full extension, give a squeeze, and bring back up. If the band has slack, you've brought the arm up too far. Keep the wrist neutral and the abs engaged.

Reps: 12 to 18 per side
Targets: Back of Arm

3 CHEST FLY



Take the band around the back, underneath the armpits. Make a fist with each hand through each band loop^{3a}. Bring arms forward like you are giving someone a hug, but you don't really want to touch them^{3b}. Keep elbows at a fixed bend the entire time. When you bring arms back, stop when elbows are equal to the sides of your shoulders.

Reps: 15 to 20
Targets: Entire Upper Body

4 UPPER BACK PRESS



Keep shoulder blades pulled down into a slight V, neck relaxed, and abs engaged the entire time. Take band straight out in front of you, making a fist grip through each loop^{4a}. Keep your elbows slightly bent, and remain at that same bend the entire time. Slowly open arms out and to the sides^{4b}. Band should come to the center of the chest. Release and repeat.

Reps: 15 to 18
Targets: Upper Back, Posture

