

Resistance Band Exercises



Arm Curls



Triceps

Lateral Raise

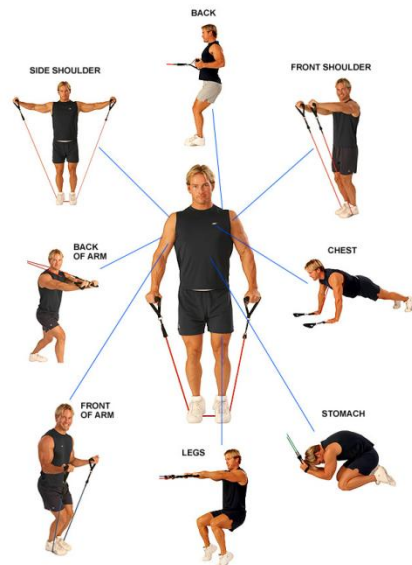


Reverse Lunge / Military Press



Squats

Multiple Combinations



Push-Ups

Partner Reverse Punches

Partner Bear Crawls