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Seated rowTake a seat, but don't get too cozy. This will get your biceps pumped.Share on PinterestGifs by Dima BazakHow to do itStart in a forward lunge position, your right leg in front, and place the middle of the band under your right foot.Grasp one end of the loop band with your right hand, resting your elbow on the inside of your knee. Sit up straight and flex your foot forward by pointing your toes away from you.In a controlled movement, bring your toes back up, flexing them toward your knee as far as it's comfortable. Extend your arms straight up over your chest to full extension, moving your hands toward each other at the top.Lower back down.Repeat for 10-12 reps.We compared the bench press to the push-up to see which bulks your chest more. Bench pressNo barbell? Lower back down to the starting position.Repeat for 15-20 reps on each side.10. Bent-over rowYou can do it, put your back into it.How to do itStand over the center of the band with your feet shoulder-width apart.Bend slightly at your knees and hinge at your waist, keeping your hips back.Grasp the band handles with your hands facing the outsides of your knees.With your elbows bent, pull the band up toward your hips, squeezing your shoulder blades together until your elbows form a 90-degree angle.Lower and row for 10-12 reps.21. She's the one demonstrating the moves, too.You don't need a whole gym at home to get your body working. Forward raiseThis one is fantastic for the front of your shoulders, so get to know it.Share on PinterestGifs by Dima BazakHow to do itTo hit the front of your shoulders, stand on the middle of the band with your feet shoulder-width apart and grip the handles at your sides with your palms facing back, thumbs pointing inward.Next, without locking your elbows, bring your right arm straight out in front of you to shoulder height.Slowly lower back down.Raise the roof for 8-12 reps before switching arms.31. Standing biceps curlAlso great for your 'ceps, this is like lifting weights but this resistance is the weight. Once your hands reach your shoulders, slowly raise them back to the starting position.Rock out 10-12 reps.For barrel pecs, look no further.25. Repeat for 12-15 reps before switching sides.6. ClamshellLosen up your external hip rotators and improve your movement and flexibility — after all, this Lizzo & Missy Elliott tune isn't going to dance to itself.Share on PinterestGifs by Dima BazakHow to do itLoop a band around your legs just above your knees.Lie on your side with your hips and knees flexed to 90 degrees.Keeping your feet together, pull your knees away from each other while contracting your glutes for 2-3 seconds. Overhead pressThis one might go over your head (in fact, it definitely should).Share on PinterestActive Body. Creative MindHow to do itStand over the center of a tube band with your feet shoulder-width apart. If the band is too long, secure it in place by crossing your arms at your chest.Lower as if you're sitting down into a chair. Lift your hips off the ground to pull your knees closer to your chest.Slowly return to the starting position.Repeat for 12-15 reps.19. Incline chest pressNext up: Your upper chest muscles!Share on PinterestActive Body, Creative MindHow to do itStart in a seated position with the middle of your band around an anchor behind you.Grabbing a handle in each hand, bring the band to shoulder level. Keep your chest up, abs firm, and feet flat.Rise back up to the starting position.Repeat for 8-12 reps.2. Leg extensionKick it up a notch with this quad builder.Share on PinterestAmy CrandallHow to do itAnchor a loop band in a low position on a support (like an incline bench), looping the other end around your ankle with the band positioned behind you.While seated, step away from the anchor to create tension on the band, and position your feet hip-width apart. Russian twistDasvidanya, un-toned abs!Share on Pinterest Active Body. Lat pulldownReady to work your upper back?Share on PinterestActive Body Creative Mind - Amy CrandallHow to do itAnchor the band overhead to a horizontal bar (or even a sturdy tree limb).Kneel facing the anchor so the band is positioned in front of you.Grip each end with your arms extended overhead and your hands slightly wider than shoulder width.Bending your elbows, pull the band down toward the floor while contracting your back muscles. Lateral raiseBuild bolder shoulders with this isolation move.How to do itStand with your feet positioned over the center of a tube band, shoulder-width apart.Grip each handle with your arms down at your sides and your palms facing in. Seated abductionTo really show your thighs who's boss, try a seated abduction. They come in a variety of sizes, lengths, and resistance levels.They're also portable and easy to store, so they're perfect for home use, hotel workouts, or making the most of a small space at the gym.Just like free weights, exercise bands come in a range of resistance levels, from highly stretchable to heavy-duty strength.The most common types of bands are tube bands with handles, loop bands, and therapy bands. Creative Mind.How to do itLie a band around your legs right above your knees.Lie faceup with your feet on the floor, bending your knees to 90 degrees.Raise your hips by contracting your glutes and applying gentle pressure outward against the band until your shoulders, hips, and knees align.Repeat 15-20 reps.5. Standing adductionFor boosting your hips, groin, and inner thigh, the adductor movement stands tall.Share on PinterestGifs by Dima BazakHow to do itAnchor a loop band at ankle height to a support and stand with your right side facing the support, wrapping the free end around your right (outer) ankle.Stand perpendicular to the band and step away from the support to create some tension. Repeat for 8-10 reps on each side.17. Slowly.Share on PinterestGifs by Dima BazakHow to do itAnchor a loop or tube band slightly below your chest on a cable column or support.Grasping the free end, create tension on the band and squat slightly. Creative MindHow to do itStand in a forward bend position with your feet together, positioned over the center of the band.Holding each end of the band, position your arms at your sides with your palms facing behind you. It takes all the chill out of sitting down.Share on PinterestGifs by Active Body. Keep your foot pointed forward and lead with your heel to engage your glutes.If you feel wobbly, grab a support (like the wall or the back of a chair). Move your standing leg slightly in, but keep the band taut.Take 8-10 steps before heading back the other way.9. Standing abductionThis one's a bit of a balancing act. With your palm facing away from your knee, curl the band up toward your shoulder, squeezing your biceps at the top.Slowly lower the band back down.Repeat for 8-10 reps before switching sides.12. Kneeling crunchUse the top of a door for rocking your core.How to do itAttach the band to a high anchor (such as the top of a door or cable column) and kneel down facing away from the anchor, grabbing each side of the band and pulling over shoulder with elbows bent.Extend your elbows out at shoulder level, engage your core, and crunch down toward your hips while contracting your abs.Slowly return to the starting position.Repeat for 10-12 reps.16. From a wide stance, get into a quarter squat.Pull your right leg in toward your left, working against the resistance.Slowly return to the starting position. Move away from the anchor to create some tension.With your elbows slightly bent, pull the band overhead, crossing your torso until the handle reaches your knees.Slowly return to the starting position.Keep it up for 8-10 reps.24. Creative MindHow to do itStand with your knees slightly bent, and your feet shoulder-width apart.Grip the middle section of the band with both your hands at shoulder level, should-width apart, and your palms facing down.Keeping your arms straight, pull the band out and back until your shoulder blades contract.Slowly return to the starting position.Stretch, squeeze, and release for 8-10 reps.23. Creative Mind.How to do itLie facedown and loop a band around your right ankle, anchoring to a stable object close to the floor for support.Scoot away from the anchor to create tension.Tighten your core and bend your leg at your knee, bringing your heel toward your glutes as far as you can comfortably go.Slowly return your leg to the starting position.Repeat for 10-15 reps, then switch sides.4. Glute bridgeSalute your glutes!Share on PinterestGifs by Active Body. Start in a half-squat position.Shift your weight to your left, stepping sideways with your right leg. Bending your elbows ever so slightly, raise your arms straight out to the sides to shoulder level.Slowly lower back down.Go for 8-10 reps.32. Lying pulloverNo, this doesn't involve pulling the covers over your head, but nice try.How to do it For this effective pec and lat exercise, anchor the tube band in a low position.Lie faceup with your head toward the anchor, grabbing the free end of the band with both hands and stretching your arms straight out overhead. Press the bands upward straight above your chest until your arms fully extend.Lower back down.Repeat for 10-12 reps.27. Medically reviewed by Jennifer Mathe, MS, CSCS, NATA-BOC — Written by Kellie Davis — Updated on January 30, 2022Legs and glutesArmsAbsBackChestShouldersThe workoutRock out with the band! Resistance bands are a great addition to any strength training routine or rehabilitation program. Creative Mind.How to do itSit at the edge of a chair or bench and tie a loop band around both legs, just above your knees.Place your feet slightly wider than your shoulders.Slowly press your knees out, keeping feet steady, as your legs move apart.Hold for 2 seconds, then bring your knees back together.Aim for 15-20 reps.Get in on the arms race.11. In one smooth motion, pull the band down and diagonally across your body to the front of your knees while rotating your right hip and pivoting your left foot.Slowly return to the starting position. If you're in doubt, a fitness professional can help determine which band is right for you, depending on your fitness level and your specific workout plan.For most exercises, try aiming for 2 to 3 sets of 8 to 25 reps per exercise. Crazy.How to do itStand with your feet shoulder-width apart and placed over the middle of the band.Grab a handle in each hand, starting with your arms down at your sides.With your palms facing in front of you, pull your arms toward your shoulders by bending at your elbow until you get a good bicep contraction.Slowly lower back down.Do 12-15 curls.13. Front squatYour butt, both sides of your thigh, and hamstrings are going to thank you for this one (after they stop burning). Creative MindHow to do itGrab the band with both hands, your arms extended and your palms facing each other. Triceps kickbackKick back and relax. Feel free to bend your knees slightly if it helps you sit up tall.Slowly return to the starting position.Do 10-12 reps.22. Overhead triceps extensionBecome a triceps-ratops, because biceps can't hang out by themselves.Share on PinterestGifs by Dima BazakHow to do itSit on a chair or bench, placing the center of a tube band beneath your glutes.Grab a handle in each hand and stretch your arms up, bending your elbows so your hands are positioned behind your neck.With your palms facing the ceiling, press your arms straight up until they fully extend.Lower back down.Repeat for 10-12 reps before switching sides.Get right to the center of things with these intense exercises.15. Push-upTake this classic move to a new level.How to do itGet in plank position, draping the resistance band across your upper back.Loop the ends of the band around your palms and place your hands on the floor in starting position, facing toward the floor. Just kidding!Share on PinterestActive Body. Grip each handle, positioning your hands at shoulder level with your palms straight forward so your thumbs touch your shoulders. Slowly return to the starting position.Do 10-12 reps on each side.8. Lateral band walkDon't sidestep these side steps!Share on PinterestActive Body Creative MindHow to do itStep into a loop band or tie a therapy band around your lower legs, just above your ankles.Place your feet shoulder-width apart to create tension on the band. With your legs extended, place the center of the band behind the soles of your feet.Share on PinterestActive Body. Slowly return to the starting position.Repeat, aiming for 10-12 reps.7. Plantar flexionImproving your ankle flexibility might not be on the top of your to-do list, but if you keep them limber, they'll give you fewer problems further down the line.Even better news: You can take a load off for this one.Share on PinterestActive Body Creative MindHow to do itSit on the floor with one leg straight out in front of you, one bent.Hold both ends of a resistance band, wrapping the middle around the ball of your foot. Creative Mind.How to do itWrap a loop band around your legs at ankle height.Lift your working leg, slowly bringing your foot out to the side. Concentration curl!Want to get ready for the gun show? And resistance bands are a great, space-aware way to engage and build muscles across your whole body.Another great tool for putting together a kinesthetic workout at home is the almighty slider — learn about how sliders work and the exercises you can do with them here. Ready, set, stre-e-e-etch!Never skip leg day...1. Anti-rotation band walkoutKnow when to walk away. With your elbows up and your palms facing down, press the band straight out in front of you until your arms reach full extension, and squeeze your chest muscles.Return to the starting position.Press on for 12-15 reps.Stand shoulder-to-shoulder with the greats.29. Front squats can also provide a strength boost to your groin, hip flexors, and calves.Share on PinterestHow to do itStand on the band with your feet slightly wider than shoulder width.Holding a handle in each hand, bring the top of the band over each shoulder. Upright rowStand proud as you target your traps.Share on PinterestGifs by Dima BazakHow to do itWith your feet positioned over the center of the band, shoulder-width apart, grip the band handles with your palms toward you and position them just in front of your thighs. Bend forward at your waist, your back straight, and raise your arms straight out to your sides until the band reaches shoulder level.Lower back to the starting position.Fly away with 10-12 reps.Ready to put it all together?Certified personal trainer Jessi Kneeland created this routine that'll work your whole body. Pull apartFor stable shoulders and improved mobility, this should be a part of your workout.Share on PinterestActive Body. Sitting nice and tall, bend at your elbows and pull the band toward your core, squeezing your shoulder blades together. Bent-over rear delt flyTarget your whole shoulder with this fierce move.Share on PinterestGifs by Dima BazakHow to do itStand, positioning your feet over the middle of the band.Cross the band at your knees, grabbing the handles with your palms facing each other. Last medically reviewed on January 30, 2022 No problem! Resistance bands are at hand to save the day.Share on PinterestActive Body. Creative MindHow to do itAnchor a tube band on the bench legs and lie faceup on the bench.Grab a handle in each hand.Position your hands at shoulder height (so your thumbs touch the front of your shoulders). Find out here.28. WoodchopperGet your abs turning and burning.Share on PinterestGifs by Dima BazakHow to do itAnchor the loop or tube band near the top of a cable column or support.With your right side toward the support, grab the free end of the band with your arms stretched out overhead. Contract your glutes and abs, then push straight up until your arms fully extend.Lower back down, your chest to the floor.See what you've got for 5-20 reps (depending on your strength).26. It's great for your glutes, though.Share on PinterestGifs by Active Body. Shift your weight to your left foot and lift your right leg from the floor.Extend your knee until it straightens out in front of you.Slowly return to the starting position.Repeat for 8-12 reps before switching legs.3. Prone (lying) leg curlThis one goes out to your hamstrings.Share on PinterestGifs by Active Body. Standing chest pressYou don't need a gym to boost your chest game.How to do itAnchor the tube band on a cable column or sturdy support at chest height.Grab each handle with your back to the band.Step forward to reduce the slack, positioning your hands at chest height. Bend at your elbows (keeping them tucked by your sides) until your forearms are parallel to the floor.Next, press down your arms, pushing the band behind your body until your arms fully extend.Lower back down.Repeat for 8-10 reps.14. Use your elbows to pull the band straight up the front of your body to shoulder level, keeping your elbows bent and positioned in a high V.Slowly lower back down to the starting position.Keep rowing for 10-12 reps.If you prefer to do your rowing... well, on a rowing machine, we've got some tips for you.33. Holding the band with both hands straight out in front of your chest and keeping your core tight, step laterally until the band is too tense to go any further.Slow and controlled, move back toward the column to the starting position.Repeat for 6-8 reps on each side.18. Creative MindHow to do itSit on the floor with your legs extended, wrapping the center of the band around the bottom of your feet.Hold the free ends together in both hands.Slightly bend your knees, keeping your feet on the floor, and lean back at a 45-degree angle.Rotate the band right by bringing your left hand across your body and your right hand down by your right hip.Contracting your oblique muscles, bring the band toward your right hip while keeping your middle and low back neutral.Return to the starting position.Rotate left then right for a total of 10-12 reps on each side.Back your talk and get toning.20. Press straight up to fully extend your arms.Lower back down slowly.Repeat for 8-10 reps.30. Reverse crunchNow flip it and reverse it (Missy stays winning throughout this article).How to do itAnchor the band on a low support.Lie faceup, bending your knees 90 degrees.Wrap the band around the tops of both feet and scoot back to create tension.With your abs tight and your back flat, contract your abdominal muscles to curl your lower body toward your shoulders.

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