

Shape Up with a Quickie Resistance Band Workout

From <http://www.fitnessmagazine.com/workout/equipment/resistance-band-exercises/quickie-resistance-band-shape-up/?page=1>

Workout by Jessica Smith, creator of the 10 Minute Solution: Belly, Butt & Thigh Blasters! DVD

Five Exercises in this 15 Minute Circle Crunch Workout to tone and tighten your arms, abs, butt, legs (see website for video instructions)

<h2>1. Circle Crunch</h2> <p>Targets: Abs and outer thighs</p>  <ul style="list-style-type: none"> • Tie band into a loop and wrap it around thighs, just above knees. Lie faceup on floor with hands behind head, elbows out, legs lifted, and knees bent 90 degrees (see photo right) • Crunch up, then circle upper body in a counterclockwise direction while pressing thighs outward against band. • Do 10 circles, without lowering. Return to start; switch directions and repeat. 	<h2>2. Bow and Arrow Pull</h2> <p>Targets: Back, arms, abs, and legs</p>  <ul style="list-style-type: none"> • Stand with feet together, holding one end of looped band in each hand. Extend arms in front of you at shoulder level, palms facing each other. • Lunge back with right leg, bending both knees 90 degrees, and, keeping left arm extended, drive right elbow straight behind you so that band is pulled tight and upper body rotates to right. • Return to start. Switch sides; repeat to complete 1 rep. Do 10 reps
<h2>3. Resist-a-Chop</h2> <p>Targets: Abs, obliques, hips, butt, and legs</p>  <ul style="list-style-type: none"> • Wrap looped band around calves. Stand with left leg in front of right. Clasp hands and extend arms overhead. • Squat slightly while bringing arms down and across body to side of right hip, rotating upper body to right. 	<h2>4. Loop Lift</h2> <p>Targets: Shoulders, abs, butt, and legs</p>  <ul style="list-style-type: none"> • Wrap looped band around calves. Stand with feet hip-width apart, right hand on hip. • Squat, keeping knees behind toes, and touch left fingertips to floor by left foot.
<h2>5. Back Zip</h2> <p>Targets: Shoulders, back, arms, abs, and butt</p>  <ul style="list-style-type: none"> • Wrap looped band around wrists. Stand with legs and heels together, feet pointed out to sides 45 degrees. Extend arms in front of you at shoulder level, elbows slightly bent out to sides. • Squeeze glutes as you press arms out to sides, stretching band as far as you can while keeping shoulders down. Hold for 1 count. • Return to start. Do 15 reps. 	<p>Health Tip: According to Medline Plus (http://www.nlm.nih.gov/medlineplus): Although exercise should help improve your health, a medical checkup before you start an exercise program can help ensure a safe beginning. A list of potential risk factors that should be evaluated by a doctor before you start exercising: If you are at increased risk of cardiovascular problems, especially if you've had a stroke or heart attack, If you're at increased risk of developing or worsening diabetes, If you're overweight or obese, If you're pregnant, If you've recently become injured or have had chronic pain.</p>

Note: Exercises and website link are provided as a convenience only and do not imply endorsement. AANA Health and Wellness is not responsible for content but hopes that it helps support your well-being.

Here's 3 free exercises taken from the Total Body Workout DVD which concentrates on getting your stomachs and waists back in shape!

From: <http://www.dynaband.co.uk> – WEBSITE ALSO INCLUDES VIDEOS FOR BAND EXERCISES TO TRAIN FOR GOLF, TENNIS, AND FOOTBALL

1. Side Bends: Exercise for the Waist (External Oblique)

Place the Dyna-Band flat on the floor and stand in the middle of it with your feet shoulder width apart, knees slightly bent and your stomach pulled in.

Take the ends of the band in each hand and slowly stand upright. Tilt the body to one side, keeping nice and straight. Make sure your shoulders are not tipping forward or back. As you breathe out use your waist (on the opposite side) to pull you back up to an upright position. (Repeat up to 16 times then exercise the other side of your waist).



2. Oblique Twists with Triceps Extension - for the waist and back of arms

Place the Dyna-Band around your back and under your arms. Take the band between your thumbs and slowly roll down to lie on your back. Whilst lying on your back, place your feet flat on the floor so your knees are bent. Pull your stomach in and press your lower back firmly into the floor. Take your hands by the side of your head still with the band between your thumbs. Take a deep breath in, as you breathe out, twist and reach one hand to the opposite knee, keeping the other elbow pinned to the floor.

Slowly return to the starting position as you breathe in, then repeat the move to the other knee as you breathe out. (Repeat in sets of 8, doing just one set at first)



3. Reverse Curls Exercise for the whole stomach & excellent to help bladder control.

Lay on your back bend your knees. Pull your stomach in and press your lower back firmly into the floor then raise your legs until your knees are positioned over your hips.

Place the Dyna-Band across the front of your thighs and hold the band in your hands either side of your legs, with your arms extended - creating a little tension. Take a deep breath in, as you breathe out; pull the knees in towards your chest against the band, keeping the arms extended throughout the exercise.

You should feel a strong pull on your stomach muscles. If you feel any pain in the lower back, stop rest and check your technique. Slowly return to the starting position as you breathe in. (Repeat in sets of 10, doing just one set at first).

