

Sixty SuperBands

Anywhere Resistance Band Workout for Everywhere

600 in 60 minutes or 600 in 7 days?

SuperBand Single Leg Press

Lay on your back with left knee bent and right knee also bent with band around the middle of your right foot. Refer Scene 1
Push up and straighten your right leg but do not lock at your knees.
Keep your hands in the same position to keep tension in the band. Refer Scene 2
Return to start position as in Scene 1. This is 1 repetition
Perform 10 repetitions then repeat to your opposite side. *10 down*



SuperBand Chest Pulse

Stand with band wrapped behind your back at about chest level while holding band with both hands.

Arms should be flexed and on the outside of the band as in Scene 1.
Push forward with both hands using a short and sharp movement as in Scene 2.
Return to start position quickly as in Scene 1. This is 1 repetition.

Perform 10 repetitions *20 done*



SuperBand Dead Lift

Stand with feet shoulder width apart with band underneath the middle of both feet while being held in both hands at the sides of your body as in Scene 1.
Bend forward at your hips to an angle of about 90 degrees as in Scene 2.
Hold for 1 to 2 seconds.
Return to start position as in Scene 1. This is 1 repetition.

Perform 10 repetitions *30 down and half way*



SuperBand 1 Arm Side Raise

Stand with feet shoulder width apart while holding the band in your right hand and underneath the middle of your right foot. Right elbow extended and right hand just below waist level as in Scene 1.
Extend your right arm to your right side with just a very slight bend at the elbow as in Scene 2.
Hold for 1 to 2 seconds.
Return to start position as in Scene 1. This is 1 repetition.
Perform 10 repetitions then repeat to your opposite side. *That's 40 - Nearly there*



SuperBand Concentration Curl

Kneel on the ground with your left leg while having your right leg bent in front of you as in Scene 1.

Your right elbow should be on the inside of your right knee with the band held in your right hand while across the middle of your right foot as in Scene 1.

Flex your right arm as in Scene 2.

Hold for 1 to 2 seconds at the top of the movement.

Return to start position as in Scene 1. This is 1 repetition.

Perform 10 repetitions then repeat to your opposite side.



50 - Home stretch now

SuperBand Crunch

Lay on your back with knees slightly bent while holding the band tight with both hands across the middle of your trunk as in Scene 1.

Raise your trunk until your hands are level with your knees as in Scene 2.

Hold for 1 to 2 seconds at the top of the movement

Return to start position as in Scene 1. This is 1 repetition

Perform 10 repetitions



Great job - knock off 60 for the day

