

# RESISTANCE BAND WORKOUTS

## FOR TOTAL BODY STRENGTH TRAINING

Resistance bands are among the most affordable, most packable, and easiest types of fitness equipment you can use anywhere, including in a hotel room. Here are some sample moves you can use to get in a total body strength routine when traveling.

### FRONT SQUATS

Stand on a band and stretch it up to the shoulders. Loop it over each shoulder and perform a squat while holding the band in place.

### SIDE STEPS

Loop a band around your ankles and step side to side.

### GLUTE KICKBACKS

Again, loop the band around your ankles. Kick each leg back and squeeze the glutes.

### LATERAL RAISES

Standing on the band, lift your arms laterally to work the shoulders.

### BICEPS CURLS

Standing on the band, perform a biceps curl.

### RUSSIAN TWISTS

Lying on your back, put one end of the band under your feet and hold on to the other end. Twist from side to side.

### TRICEPS KICKBACKS

To hit the backs of the arms, stand on the band and lift your hands up and behind you, bending at the elbow.

### BENT OVER ROW

Standing on a band, bend the knees a bit and lean forward. Pull the band back in a rowing motion.

### CHEST PRESS AND FLY

For both of these moves, secure one or two bands on something stationary behind you, like a coat hook on the back of the door. Holding one band in two hands, perform a chest press. Use two bands to perform a chest fly.

### PUSH-UPS

Take pushups up a notch with a resistance band looped behind your shoulders. Secure the band under your hands on the floor and push up.