

Resistance Band Workouts

Each interval is 1:00

WORKOUT #1 CARDIO, FULL BODY

Length: 30-min.

Level: Easy to Super Hard

Equipment: Set of **Mighty Bands**
or equivalent Mat, Timer

Categories: Home fitness, Cardio
Core, Mighty bands

This workout is a full **cardio**
workout where the heart rate is
elevated the entire time.

The emphasis is on the whole
body including the **upper body,**
lower body & core.

Remember your 3-point posture check:

- 1) Set the core (Belly button drawn in)
- 2) Shoulders relaxed and drawn back
- 3) Neck neutral (orange under chin)



This workout uses a full set of
MIGHTY BANDS

www.mightybands.com

1. High knee marches
2. Alternating side lunges
3. Lateral bounds
4. Alternating lunge w/Diagonal Pull apart
5. Push-ups
6. Split Squat L
7. Split Squat R
8. Push-up with hand tap
9. Plank + Criss cross knees
10. Alternating Jump Squats
11. Alternating shoulder press
12. Woodchop L
13. Woodchop R
14. Alternating side squats
15. Single arm reverse flies L
16. Single arm reverse flies R
17. Resisted Russian Twist
18. 1 1/3 Squats
19. Tricep Push-ups
20. Roll backs + power ups
21. Single leg step-up with knee drive L
22. Single leg step-up with knee drive R
23. Single arm rows L
24. Single arm rows R
25. Fast Feet
26. Bicycle Crunches
27. Leap & Squat
28. Bicep Curls
29. Bridge + Hip Raise
30. Supermans