



## Mini Band Workout 1

Use a timer for 40/50 or 60 seconds or use the numbers as below

***Place the band around your ankles.***

Side-step right x 2 toe touch to 2 o'clock on your clock face.

Repeat left and toe touch to 10 o'clock. Repeat x 8-12 times

Adding on: Repeat the side steps (side squat optional)

Touch back diagonally

Two side leg raise

Two rear leg raise

***Bring the band to above your knees.***

Lower into a squat position, weight through your heels, chest proud, pulse the knees outwards for one minute. Stand to rest then get back to it :-)

***Place band around back of hands***

Arms in front, bring your shoulders back and down, raise the arms straight out in front and pulse the hands apart.

***Repeat with the arms straight in the air then.....***

Lunge (alternate left and right) forwards x 2, backwards x 2 then with arms overhead for one minute.

Take the band and loop in both thumbs



Pull the band towards your chest focusing on bringing the shoulder blades together at the back.

***Hold band on one hand and pull against it***

15 biceps curl each side

15 row each 15 triceps kickbacks each side

***Lie on your back***

Place band around your shoelaces

Bicycles x 40-50 extending the foot away in flexed position

***Bring the band around ankles***

Raise legs in the air

Pulse the legs outwards as you raise and lower legs to the floor. Place hands under lower back and bend legs to make this easier.

Hold the legs in the air with band tight and alternating toe touch reach

Back extension, push up into plank, 2-6 plank jacks