

Station 1

Deltoids

- Side lateral raises
 - Alternate right arm and left arm
- Lateral raises
 - Raise and lower arms to a slow three-count



Station 2

Biceps

- Biceps curls
- Two sets of 10 biceps curls
- Five to eight double-band, single-arm curls
 - Put both handles in one hand and curl one arm at a time



Station 3

Triceps

- Crab dips
- Single-arm triceps extensions
- Overhead triceps extensions



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Station 4

Pectorals

- Wall push-ups
- Modified push-ups
 - Performed on your knees
- Push-ups
- Resistance band push-ups



Station 5

Obliques

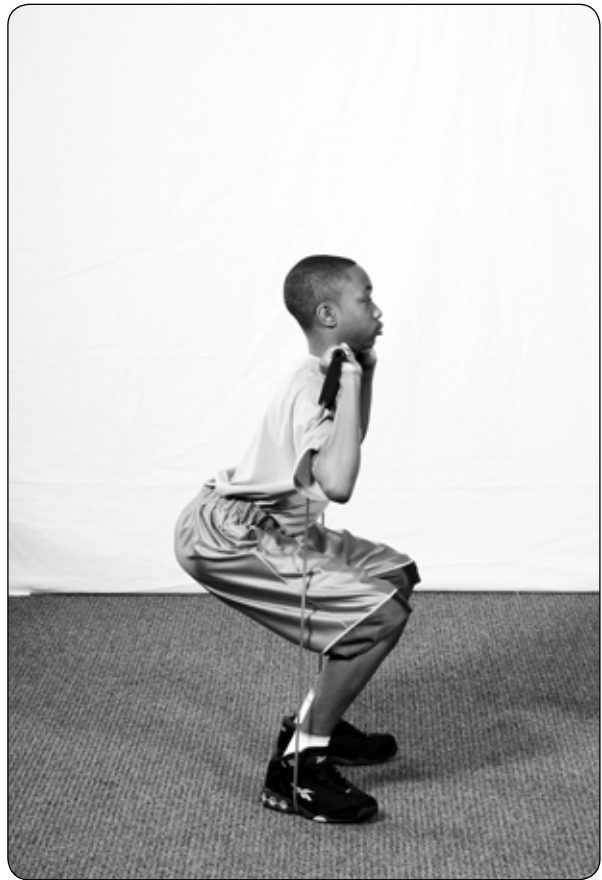
- Ball-to-ball twists
- Resistance band side bends
- Side bridge



Station 6

Quadriceps

- One or two sets of 8 to 10 squats
- 10 lunges
- 8 to 10 resistance band squats



Station 7

Rectus Abdominis

- Curl-ups or crunches
- Plank position
 - Hold 10 to 30 seconds



- Bicycle maneuver



Station 8

Gastrocnemius

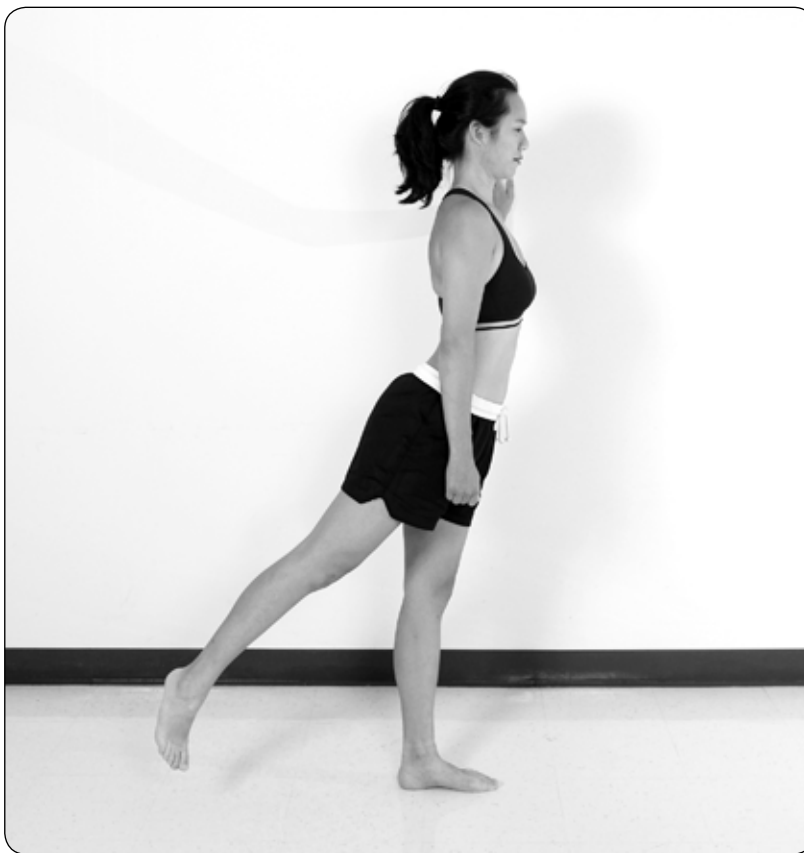
- Toe raises
 - Two feet at a time
- Toe raises
 - One foot at a time
- Resistance band toe raises



Station 9

Gluteus Maximus

- Back leg lifts
- Back kicks
 - Donkey kicks
- Resistance band back leg lifts
 - Tie resistance band around the ankles



Station 10

Trapezoids

- Shoulder shrugs
- Shoulder shrugs while holding onto a resistance band
- Upright rows



Station 11

Latissimus Dorsi

- Seated row with the thinnest resistance band
- Seated row
 - Count to three slowly as you bring the handles to the chest and as you return to starting position



Station 12

Hamstrings

- Flat band leg curl
- Lunges
- Resistance band lunges

