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# Body Sculpting Resistance Band Workouts; Perfect for Those Limited in Time, Budget and Gym Access

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I recently returned from our yearly vacation to St John in the Virgin Islands, which as usual, was incredible. Each year we go with my entire family (parents, 5 siblings, and all our spouses and children). We are exceeding 20 at this point and as you can imagine, it is a blast!

However, each year, I go through the same challenge. We stay at my parents house (not the challenge), so there is no access to a gym, unless I want to pay an exorbitant weekly fee to join one of the hotel gyms. I've done it in the past, but the truth is, I really don't want to be in a gym when its 80 degrees and beautiful anyway. I am a runner, so each year I look forward to getting up before its too hot and going for an awesome run (this also allows for a little indulgence, since we are on vacation). The scenery is beautiful and the hills are KILLER! It is an intense workout.

The only problem is by the third or fourth day, the hills start to take a toll on me. My knees start to hurt, as well as my back and I feel I need a break. Being the exercise fanatic that I am, I don't like to take a break, especially when I'm on vacation (I know that probably sounds twisted). Exercise is a necessity not only for my body, but my head.

So, this year, I decided to shake up my yearly routine a little and it was great! I should tell you, I am a personal trainer, so I am always looking for new ways to train my clients to keep it interesting. But this was about me and being able to take a couple days off from running without feeling guilty. Then it turned into this idea that maybe my siblings and kids would like to workout as well, and as usual, my brain started working.

I quickly ran to my gym (down the hall) and grabbed a couple of resistance bands and a couple of versa loops (small flat bands that go around your ankles). That's it! I figured they are easy to put in a suitcase and I knew I could throw together a killer workout for anyone who wanted to join me. It was great. Not only was I able to take off a couple days of running, guilt free, but my family jumped in on the fun. Every morning after my run or band workout, I would train whoever wanted to workout, poolside. Doesn't get better than that.

I worked out with one of my sisters, who is already fit and looking for something to keep her going on vacation. A couple days, I trained my two daughters who are 13 and 15, as well as I trained another sister and her friend. They had not worked out for years and both want to lose weight. It worked for everyone and no matter what their fitness level, I was able to provide a challenging, as well as fun workout.

So, here is my point; The resistance bands are great for all levels and all ages. There's no need for expensive equipment or access to a gym. This workout is perfect for busy individuals who travel or just don't have a lot of time. You can do this workout anywhere and it's fun and effective.

I am providing you with two full body workouts, suitable for any level. It depends on how intense you want to make it. I promise, if you put your "all" into it, you will get a great workout. It works your entire body and should be performed no more than 2-3 times a week, giving your body 24-48 hours rest between workouts. Alternate between the two workouts, so you don't get bored and at the same time, keep your body guessing. This is the key to fat loss.

On the other days, I suggest cardio, and by cardio, I mean intense cardio! No long, slow cardio that you perform while talking on a cell phone or reading your favorite magazine. I'm telling you right now, it does not work!

I am suggesting ONLY 20 minutes of some form of interval training. In the cold dead of winter, I often interval train on the treadmill or switch off between jump rope, treadmill and body weight exercises (1-3 minute bouts and then switch to the next exercise for a total of 20 minutes). In the summer, I switch off between runs and hill sprints. Whatever works for you – just make sure you push yourself!

Please note: If you are new to working out or just have not worked out for a while, start by walking and gradually increase you're intensity. The interval training is geared toward people who have been physically fit for some time now.

## **Resistance Band Workout**

I am providing you with two full body workouts and at the end I have given you a detailed description of each exercise. Each set is a circuit. Perform the exercises back to back with no rest and after the last exercise in the circuit, rest for 1 min. and then repeat for a total of 2-3 sets (depending on your fitness level). Rest again for 1 min and then move onto the next circuit, etc.

### **WORKOUT 1**

#### **Warm up Circuit: 2 sets**

- 1) Body Weight Squats (20)
- 2) Pushups (10)
- 3) Jumping Jacks (30)

**\*Do each exercise without resting. At end of the circuit rest 1 min. and repeat for a total of 2 sets. Then move onto the workout (below)**

#### **Workout: 2-3 sets (depending on your fitness level)**

- 1A) Side Step w/ Ankle Band (15 each side)
- 1B) Front Lunge (10 each leg)
- 1C) pushups (10)
- 1D) Plank (30 secs)

**\*Rest 1 min, repeat and move onto circuit 2**

- 2A) Standing Row (15)
- 2B) Resist. Band Fly (15)
- 2C) Alternating Overhead Press (15 each arm)
- 2D) Side Plank (30 secs each side)

**\*Rest 1 min., repeat and move onto circuit 3.**

- 3A) Rear Delts (15)
- 3B) Bicep Curls (20 alternating/10 together)

3C) Dips (10-15)

3D) Squat Thrusts (15)

## **WORKOUT 2**

### **Warm up circuit: 2 sets**

Same as above (workout 1)

### **Workout: 2-3 sets**

1A) Resistance Band Squats (15)

1B) Ankle Band Kickbacks (20 each)

1C) Bent Over 1 Arm Row (15 each arm)

1D) Mountain Climbers (30)

**\*Rest 1 min, repeat and then move onto circuit 2**

2A) Front Lunge- Res. Band Press (8 each leg)

2B) Standing Row (15)

2C) Pushups (10)

2D) Reverse Crunch (15)

**\*Rest 1 min., repeat and move onto circuit 3.**

3A) Static Lunge holding the Resistance Band (15 each leg)

3B) 1 Arm Side Raise (15 each arm)

3C) Bicep Curl (Band around a pole) (15)

3D) Triceps Kickback (Band around a pole) (15)

3E) Bicycle Crunches

## **Exercise Descriptions:**

### **Warm up circuit**

### Body weight squats:

Hands by ears, feet shoulder width apart

Start movement at hip joint and push hips backwards as if your sitting in a chair

Keep back upright (don't let your lower back round)

Put weight in heels

Make sure knees don't go over toes. If needed, use a chair to sit in or touch butt.

### Pushups:

Lie face down, legs straight behind you, feet together

Place palms on the floor, out to the side of your chest

Palms directly under elbows.

Keep abs tight and back straight (don't let your hips sag) and eyes focused on floor in front of you.

Lower your entire upper body until upper arms are parallel to floor. Push back up and repeat.

If needed, start with modified pushup (on knees)

### **Leg Exercises:**

#### Body Weight Squats (see above)

#### Resistance Band Squats

Feet Shoulder width apart. Toes forward.

Stand on band with both feet.

Hold handles behind shoulders, palms facing forward.

Squat (as described above)

#### Front Lunge

Feet shoulder width apart. Step forward with left leg (larger than normal step)

Keep right toe on ground and lower your body until left thigh is parallel to floor.

Upper body upright; lower back flat

Push with left leg back to starting position.

Do all 10X on left leg and repeat with right leg.

#### Static Lunge holding the resistance band

Stand in a lunge position (1 leg in front of the other). Make sure you have a wide stance, because you don't want your front knee going over your toe.

Put the band under your front foot and hold the band in each hand. To add resistance, hold the band closer to your foot (not the handles).

Keep your back upright.

Lunge up and down (not stepping). Hold the position and lunge up and down for the required reps.

Make sure your knees are bending at a 90 degree angle.

Do all reps and then switch legs.

### Side Step (ankle band)

Place band around ankles

Feet shoulder width apart.

Squat and walk sideways across the room, remaining in a squat position the whole time. Then switch and walk the other direction.

Stay in a squat position the whole time.

\*If you are a beginner, do the side squats with no band around ankles

### Ankle Band Kickbacks

Place band around ankles.

Hold wall

Kick one foot back, leg straight

Focus on glutes

One leg at a time for all reps and then switch legs.

### **Upper Body Exercises**

#### **Back (Lats):**

##### Standing Row

Place band around something sturdy.

Hold bands in each hand facing sturdy object.

Pull bands toward your chest. Focus on squeezing shoulder blades together.

Keep elbows by your side

##### Bent over 1 Arm Row

Stand in lunge position. Left leg in front, (bent). And right leg back (straight)

Stand on resistance band with left foot.

Hold band with right hand, leaning forward (rest left hand on left thigh for balance)

Back flat and butt out! Do not round your back.

Pull band up toward your hip, keeping elbow in by your side. Focus on squeezing shoulder blade.

Do reps on one side and repeat on other.

#### **Chest (Pecs):**

##### Resistance Band Fly

Place band around sturdy object (pole) and face away from it.

Stand with one foot forward.

Hold bands in each hand and bring them in front of your chest in an arc position (squeezing in front). Keep palms facing floor.

With a slight bend in your elbows, let your elbows go back first until they are in line with your body. Don't let elbows go past your bodyline or you risk hurting your shoulders.

Repeat

### Resistance Band Press

Place band around sturdy object and face away from it

Stand with one foot forward.

Elbows in by your side. Palms facing each other

Press bands straight forward

Slowly return, maintaining resistance and control through entire movement.

repeat

### Front lunge Res. Band Press

Same as above. Only, this time, as you press the band, lunge forward. As the bands go back, so does your lunging leg. Repeat.

Do all reps on one side and then switch legs and repeat.

### Pushups

(see Above)

### **Shoulders (Delts):**

#### Alternating overhead press

Stagger feet and put resistance band under back foot

Alternate overhead presses.

If not enough resistance, put band under both feet shoulder width apart.

#### Rear Delts

Stand on band with feet shoulder width apart.

Cross bands so left band is in right hand and right band is in left hand.

Bend forward at hips, back flat, butt out.

Bring arms out to side, slightly bent.

Squeeze shoulder blades together as you bring arms out to side.

Lower arms and repeat.

#### 1 Arm Side Raise

Stand on the band with one foot

Hold the band on the outside on your body

Lift arm straight to the side.

Complete reps and switch sides

### **Biceps/Triceps:**

#### Bicep curls

Feet shoulder width apart.  
Stand on bands. Alternate bicep curls (10 each)  
After 10 each, curl them together (10).

### Bicep curls

Wrap band around pole (hip height)  
Facing the pole, hold bands in each hand (palms facing forward in the start position)  
Curl up toward your shoulder and return to starting position

### Tricep Kickbacks

Keep band around pole  
Facing the pole, lean forward slightly  
Back flat  
Elbows at side  
Palms facing back  
Keeping elbows at side, bring forearm back (must keep elbows stable and only kickback your forearm)

### Chair Dips

Sit on chair/bench with fingers forward on the edge of the surface.  
Lift yourself away from it and lower yourself (legs straight out).  
Keep your body close to the bench as you lower yourself so you don't strain your shoulders.  
Lift back up and repeat.

### **Abs/Core:**

#### Plank

Lie on your stomach, legs straight behind you.  
Rest on your elbows  
Lift your body off the floor in a straight neutral position.  
Make sure your back is flat. Don't let your hips sag or lift your butt up.  
Hold

#### Side Plank

Lie on side, legs extended and stack feet.  
Support body weight on your elbow and hip.  
Rest other arm along side of your body.  
Raise hips up until your body is in a straight line from head to toe.  
Hold.

#### Squat Thrusts

Start standing.  
Bend knees, hands on floor and quickly extend your legs out behind you.  
Bend your legs and spring into a crouch position.

Stand up and repeat.

### Mountain Climbers

Start in plank position (on hands and feet).

Bring your right thigh under the right side of your torso, leaving your left leg out behind you.

Switch, bringing your right knee in, while simultaneously jumping your left leg back.

This should be done at a quick pace (like running in place on all fours).

### Bicycle crunches

Lie on back, knees bent and the small of your back pressed against the floor.

Rest your hands behind your head (thumbs behind ears)

Extend your right foot out straight as you simultaneously bring your right armpit and left knee toward each other.

Repeat using opposite arm and leg.

Keep the movement slow and controlled.

### Reverse crunch.

Lie on back, feet off floor, hands by side.

Relax your head, neck and shoulders and rest them on the floor.

Now, lift your pelvis off the floor and curl it toward your ribcage.

Lower and repeat

I hope you find these workouts both helpful and fun. There are no excuses as to why these workouts cannot be done. It's the New Year and there's no better time to get started. Good luck!