

## Band Workout – May 22<sup>th</sup> 2020

Bands are super versatile pieces of equipment. Here's a band circuit for you. Complete 8-12 reps of each exercise, completing 2 sets of each.

### Exercises

- 8-12 Banded Bicep Curls
- 8-12 Banded Squats
- 8-12 Banded OH Tricep Extension
- 8-12 Banded Kickbacks
- 8-12 Banded Chest Press
- 8-12 Banded Split Squat
- 8-12 Banded Bent Over Row
- 8-12 Banded Squat Walk
- 8-12 Banded Shoulder Press
- 8-12 Banded Romanian Deadlift

### Disclaimer

*Please remember, it is advised that you or any of your family members that may also be joining this class, consult your physician before starting any exercise program, especially if you have any known medical conditions or are pregnant. If you experience any dizziness or feel faint*

*during this class, please stop immediately. We are not able to assume liability for any incident or injury. Prior to participating in a this session, and to make an informed decision on whether you should seek advice from a qualified exercise professional or health care provider, consult the "Get Active Questionnaire of the Canadian Society of Exercise Physiology and its reference document. Simply click on the links below.*

*[http://www.csep.ca/CMFiles/GAQ\\_CSEPPATHReadinessForm\\_2pages.pdf](http://www.csep.ca/CMFiles/GAQ_CSEPPATHReadinessForm_2pages.pdf)*

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