

THE 10 MINUTE WORKOUT

with **adbands®** RESISTORSTRIP™

Ad Bands® Resistor Strip™ exercises are a great way to fit strengthening, toning, and stretching into your busy schedule. We recommend that you warm up for 3 - 5 minutes before beginning the exercises. You can march in place, do a step touch, or walk up and down a step. You can increase the resistance in your exercises as you get stronger. The closer your hands are the more resistance you will have. Give your body time to rest between workouts by alternating upper body, lower body, and core workouts. Visit ad-bands.com for more information.

You must store your resistor strip in a cool place with low light and inspect the bands before each use for holes, tears, thinness and overuse. You should always consult your physician before making any changes to your lifestyle, diet or exercise habits. **KEEP OUT OF THE REACH OF CHILDREN.**

1 SINGLE BICEP CURL



Grab the band with a fist grip in one hand, and take it across the body to the opposite side hip^{1a}. Place the other hand at the top of the band and make a fist grip. Keep your elbow stationary, and curl your arm up and down^{1b}. For more resistance, reduce the distance between your hands. For less resistance, increase the distance. Repeat other side.

Reps: 12 to 18 per side
Targets: Front of Arm

2 TRICEP PRESS DOWN



Grasp band about 12-15" apart with both hands. Anchor left hand to upper chest, palm facing in^{2a}. Keep right elbow stationary and anchored to right side as you press right arm toward floor^{2b}. Return to starting position. Keep wrist neutral (in line with forearm) and abs engaged. Adjust hands to get the resistance that's challenging.

Reps: 12 to 18 per side
Targets: Back of Arm

3 CHEST FLY



Take the band around the back, underneath the armpits. Make a fist with each hand on each end^{3a}. Bring arms forward like you are giving someone a hug, but you don't really want to touch them^{3b}. Keep elbows at a fixed bend the entire time. When you bring arms back, stop when elbows are equal to the sides of your shoulders.

Reps: 15 to 20
Targets: Entire Upper Body

4 UPPER BACK PRESS



Keep shoulder blades pulled down into a slight V, neck relaxed, and abs engaged the entire time. Take band straight out in front of you, making a fist grip on each end^{4a}. Keep your elbows slightly bent, and remain at that same bend the entire time. Slowly open arms out and to the sides^{4b}. Band should come to the center of the chest. Release and repeat.

Reps: 15 to 18
Targets: Upper Back, Posture

5

SHOULDER PRESS



Fist grip middle of the band. Hold across the chest, about shoulder height on opposite side. Take band in other hand and make a nice, tight fist. Elbow will be at a 90° angle, and wrist is straight up to the ceiling^{5a}. Slowly press up and lower your arm, using control^{5b}. Make sure the arm goes straight up and doesn't arc. Keep shoulders down and sit or stand tall. Repeat on other side.

Reps: 15 to 18

Targets: Shoulders & Upper Chest

6

DOUBLE BICEP CURL



Secure band under right foot. Grasp ends of bands with both hands^{6a}. Keep elbows stationary and anchored to side. Curl arm smoothly toward shoulder^{6b}. Lower slowly.

Reps: 20 to 25

Targets: Front of Arm

7

LEG PRESS



Sit on the ground, take band and place it around one foot. Grab ends with both hands and pull knee towards chest^{7a}. Push leg down to straighten at knee^{7b}. Pull navel into spine the whole time.

Reps: 20 to 25

Targets: Legs & Core

8

QUICK KICKS



Tie and wrap band around ankles^{8a}. Step outward with the right leg and quickly repeat with the left leg^{8b}. Keep abs engaged and toes pointed straight ahead.

Reps: 25 to 30

Targets: Outer Hips & Thighs

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HIP EXTENSION



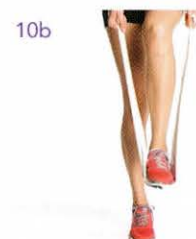
Tie and wrap band around each ankles, making sure the band is flat against each ankle^{6a}. Stand tall, and hold on to a chair or stationary object for support. Keep your moving foot flexed and abs engaged. Extend leg backwards, keeping knee straight^{6b}. Keep a slight bend in the stationary leg. Repeat on other side.

Reps: 20 to 25

Targets: Thighs & Inner Hips

10

ONE LEG MINI-SQUAT



Place band under foot, hold in hands and keep elbows straight^{10a}. Stand with feet shoulder width apart and slowly bend knee to 45 degrees^{10b}. Return to start position and repeat.

Reps: 15 to 20

Targets: Hamstrings & Glutes