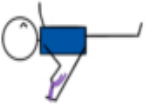
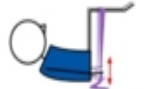
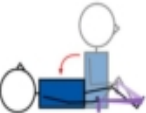


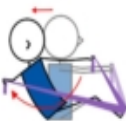


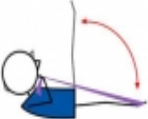
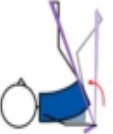


15 Minute Resistant Band Workout

Time	Image	Pose	Description
		Side Leg Stretch Band	<p>Lie on back. Lift right leg. Wrap band around right foot and hold onto with right hand. Place left hand on left thigh. Roll right leg out in the hip socket and, drawing right leg up towards you, lower it out to side. Do not let weight roll into the right leg so that you tip over. Hold. Repeat on other side.</p> <p>Benefits: Stretches hips, thighs, hams, and calves. Relieves sciatica.</p> <p>Video: https://www.youtube.com/embed/rX7Q0Av3o8k</p> <p>Modifications: Blanket under head. Rest leg on a block. Slightly bend raised leg.</p> <p>Precautions : High blood pressure.</p>
		Hundreds Band	<p>Place band on shins, by ankles. Lie down with knees bent. Bring legs up to tabletop position. Inhale, nod chin. Exhale, fold up towards knees. With arms extended and parallel above ground start pulsing 100 times.</p> <p>Benefits: Strengthens abs. Increases torso stability.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>
		Roll Ups Band	<p>Sit with knees bent. Place band around feet. Hold band in microphone grip. Inhale, sit tall. Exhale, roll down while hollowing belly, squeezing knees together. Exhale, nod chin, roll back up to seated. Repeat.</p> <p>Benefits: Full range of motion through abdominals.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>

Time	Image	Pose	Description
		Rollback Band	<p>Sit with knees bent. Extend arms in front, wider than shoulder-width apart. Exhale, curl back onto sitz bones. Engage abs while maintaining a C-curve in the spine. Lift legs up to Tabletop position. Inhale, roll down onto back. Exhale come up. Inhale, lift arms above the shoulder. Exhale, take arms behind. Inhale, bring arms back up. Exhale, bring arms above knees. Repeat.</p> <p>Benefits: Strengthens abdominals. Releases tension from the spine.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>
		Half Rollbacks Band	<p>Sit with knees bent. Place band around feet. Hold band in microphone grip. Lie down with legs bent at knees. Inhale, sit tall. Exhale, hollow belly, roll back just off sit bones while holding band. Inhale, round forward over knees. Repeat.</p> <p>Benefits: Strengths abdominals and spine.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>
		Rollback Twist Band	<p>Sit with knees bent. Place band around feet. Hold band in horse reign grip. Inhale, sit tall with arms at shoulder height. Exhale, twist and reach right without moving left arm. Inhale, bring right arm to center. Exhale and repeat with left arm on left side.</p> <p>Benefits: Strengthens obliques and arms.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>
		Forward Spine Stretch Band	<p>Sit with back straight, legs bent, feet flat on ground. Place band behind ribs. Place hands on shins. Inhale, sit tall. Exhale, nod chin, round forward bringing hands close to ankles. Hold for 2 breaths. Exhale, roll up. Repeat.</p> <p>Benefits: Mobilizes and aligns the spine.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>

Time	Image	Pose	Description
		Saw Band	<p>Sit on floor, legs extended. Place band on back around ribcage. Extend arms to side, parallel to floor. Spread legs mat distance apart, flex feet. Sit tall. Inhale, twist to right. Exhale, rotate torso reaching left hand to right foot while rotating shoulder and reaching right arm back. Inhale, come up and back to center. Repeat on other side.</p> <p>Benefits: Strengthens back extensors, abs, spine.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>
		Scissors Band	<p>Place band around one foot and hold with same hand, opposite hand behind head. Curl head up. Extend legs to the sky. Lower leg with band. Pulse twice. Scissor switch without a pulse. Repeat 5-10x then do the other side.</p> <p>Benefits: Strengthens shoulders, chest, and arm muscles while stabilising the core.</p> <p>Video: https://www.youtube.com/embed/EbOyrum00w0</p>
		Reverse Crunch Band	<p>Lie on back, legs perpendicular to floor. Place band around toes. Place arms by waist anchored to floor. Exhale, curl pelvis under, reach feet towards ceiling. Keep arms on floor. Hollow lower abdominals, lower to start position. Repeat.</p> <p>Benefits: Strengthens abdominals.</p> <p>Video: https://www.youtube.com/embed/o-UyRJoh3WQ</p>

Lesson Plan Description:

Resistance bands (a.k.a. flat bands and tubes) are commonly used for rehabilitative exercises. If you've had an injury, your therapist will probably have recommended using resistance bands on your road to recovery.

Since resistance bands are adaptable and come in multiple resistance levels, they're also used for stretching. Bands can be used before or after a workout, or be the main focus of the workout.

The bands are ideal for beginners, intermediate and advanced students.

If you'd like to increase your range of motion, you're going to love resistance band workouts.