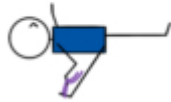

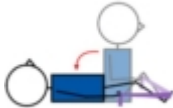

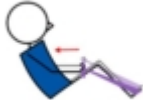
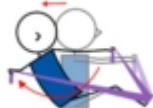


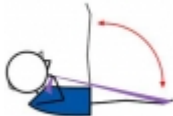
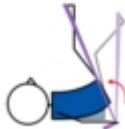


15 Minute Resistant Band Workout

 <p>A stick figure is lying on its side with a blue resistance band around the middle leg. The right leg is bent at the knee and pulled towards the chest, while the left leg is extended straight out.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, with the feet pointing towards the ceiling.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is in a curled position, ready to roll up.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is in a curled position, ready to roll back.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is in a curled position, ready to roll back.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is in a curled position, ready to roll back with a twist.</p>
 <p>Two stick figures are sitting on the floor with a blue resistance band around their ankles. They are leaning forward, stretching the band.</p>	 <p>A stick figure is sitting on the floor with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is leaning forward, stretching the band.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is in a curled position, ready to roll up.</p>	 <p>A stick figure is lying on its back with a blue resistance band around the ankles. The legs are raised and bent at the knees, and the figure is in a curled position, ready to roll back.</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.