

# THE 10 MINUTE WORKOUT

with **adbands**<sup>®</sup> Workout Bands<sup>™</sup>

Workout Bands<sup>™</sup> 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 to the knot, the more resistance you will have. Give your body time to rest between workouts by alternating upper body, lower body, and core workouts. Consult your healthcare provider before beginning any life-style change or exercise program.

1

## SINGLE BICEP CURL



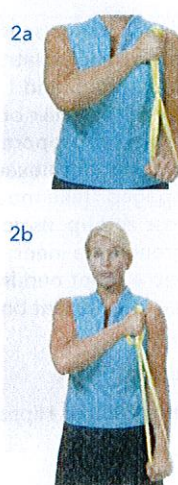
Grab the band with a fist grip in one hand, and take it across the body to the opposite side hip<sup>1a</sup>. Slide other hand through the band loop and make a fist grip. Keep your elbow stationary, and curl your arm up and down<sup>1b</sup>. For more resistance, hold band close to the knot. For less resistance, hold band further from the knot. Repeat other side.

Reps: 12 to 18 per side

Targets: Front of Arm

2

## TRICEP PRESS DOWN



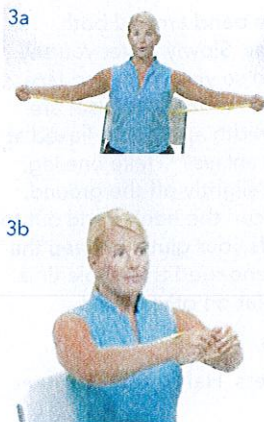
Take band in one fist grip and place it on the opposite shoulder. Grab bottom of band, through loop, and make a fist grip<sup>2a</sup>. Keep your elbow stationary and press down, moving only the lower arm<sup>2b</sup>. When you get to a full extension, give a squeeze and bring back up. If the band has slack, you've brought the arm up too far. Keep the wrist neutral and the abs engaged.

Reps: 12 to 18 per side

Targets: Back of Arm

3

## CHEST FLY



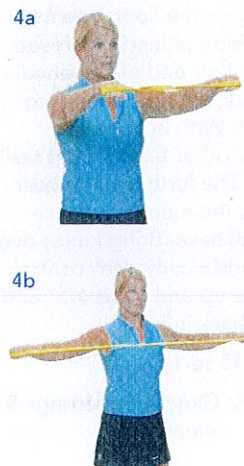
Take the band around the back, underneath the armpits. Make a fist with each hand through each band loop<sup>3a</sup>. Bring arms forward like you are giving someone a hug, but you don't really want to touch them<sup>3b</sup>. Keep elbows at a fixed bend the entire time. When you bring arms back, stop 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 through each loop<sup>4a</sup>. Keep your elbows slightly bent, and remain at that same bend the entire time. Slowly open arms out and to the sides<sup>4b</sup>. Band should come to the center of the chest. Release and repeat.

Reps: 15 to 18

Targets: Upper Back, Posture

## 5

## SHOULDER PRESS

5a



5b



Fist grip bottom 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<sup>5a</sup>. Slowly press up and lower your arm, using control<sup>5b</sup>. 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

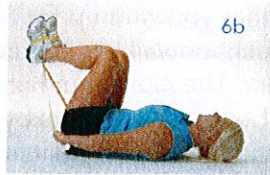
## 6

## REVERSE ABDOMINAL CURL

6a



6b



Sit on the ground, take band loop and place it around both feet. Grab opposite loop, lay down, with your knees above your hips. Band is anchored in a two fisted grip underneath your tailbone<sup>6a</sup>. Keep knees at a 90° angle, slowly pull the pelvis and abs in, squeeze, and release back<sup>6b</sup>. Pull navel into spine the whole time.

Reps: 20 to 25

Targets: Abs, Core

## 7

## INNER THIGH LIFT

7a



7b



Wrap band around each ankle, making sure the band is flat against each ankle<sup>7a</sup>. Stand tall, and hold on to a chair or stationary object for support. Keep your moving foot flexed and abs engaged. Take moving leg across and up, as you squeeze through the inner thigh<sup>7b</sup>. Keep a slight bend in the stationary leg. Repeat on other side.

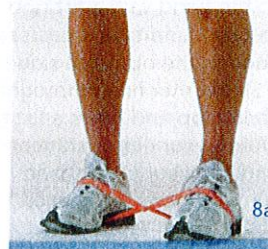
Reps: 20 to 25

Targets: Thighs & Inner Hips

## 8

## OUTER THIGH LIFT

8a



8b



Grab your band and a sturdy surface, such as a chair or countertop. Wrap band around the arches of both feet<sup>8a</sup>. Stand as tall as possible, keeping base leg slightly bent. With the moving leg straight, lift as far out as you can<sup>8b</sup>. Keep the hips square and no movement in the torso. Focus on the form and don't open up to the side – keep everything square. Repeat on other side.

Reps: 25 to 30

Targets: Outer Hips & Thighs

## 9

## LEG PRESS

9a



9b



Sitting on the floor, wrap one band loop around both feet. Grab other end of the band, lay back, and raise knees to chest<sup>9a</sup>. With both hands, anchor other band loop at tailbone. The further apart your hands, the more resistance you will have. Bring knees over hips, and slowly, with control, lift legs up and out at 45° and bring back in<sup>9b</sup>.

Reps: 15 to 18

Targets: Glutes, Hamstrings & Quads

## 10

## HAMSTRING CURLS

10a



10b



Place band around both ankles. Slowly lower yourself down so you are laying face down on the floor. Feet are hip width apart, and flexed at your ankles<sup>10a</sup>. Take one leg, lift it slightly off the ground, and curl the heel in and out towards your glute<sup>10b</sup>. Keep the abs engaged the whole time. Repeat on other side.

Reps: 15 to 20

Targets: Hamstrings & Glutes