

10 min

MINI BAND FULL BODY WORKOUT

Complete each exercise for **40 SECONDS**
then rest for **20 SECONDS**

- lateral walk
- front walk
- squat to leg lift (L)
- squat to leg lift (R)
- glute bridge

**LOWER
BODY**

Place the mini band just
below your knees

**UPPER
BODY**

Mini-band placement will
depend on the exercise

- front raise
- hammer curl
- side lateral raise (L)
- side lateral raise (R)
- alternating lat pull down