

CHI WORKOUT

HOME WORKOUTS – Resistance Band Workout with Sabrina

Complete for 2-3 rounds

10 – Lateral Walk

(band around thighs, lower into half squat)

10 – Overhead Squat

(band around forearms, arms overhead)

10 – Deadlift

(band around feet, hold other end of band w/ both hands)

10 – Clamshell

(band around thighs, lie on your side, knees fwd feet behind body, lift top knee)

10 – Side Plank Row

(band between hands, extend top hand in air)

10 – Seated Bicep Curls

(sit in chair, band under foot and in hand of the same side)

10 – Seated Single Arm Row

(sit straight up legs extended, band around one foot and hand of the same side)

10 – Scapular Retraction

(arms 90° in front, band around forearm, open arms)



DISCLAIMER - You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge HaysMed- The Center for Health Improvement from any and all claims or causes of action.