

CHI WORKOUT

HOME WORKOUTS – Body Weight + Mini Bands with Sam

Complete each exercise for 45 seconds with a 15 second rest.

Complete each circuit for a total of 3 Rounds

Circuit 1:

Banded Hip Thrusts *(band above the knees)*

Banded Squats *(band above the knees)*

Banded Squat Jumps *(band above the knees)*

Circuit 2:

Banded Single Arm Lat Pulldown

(band extended overhead, pull one side down at a time, leaving opposite arm overhead)

Banded External Rotation

(band around wrists, palms up, elbows tucked by sides, rotate arms out)

Mountain Climbers

Circuit 3:

Banded Triceps Pushdown

(band in hand at chest level, opposite arm push triceps down at your side)

Banded Bicep Curls *(band around wrists, elbows tucked by sides, tension on band)*

Skaters

Circuit 4:

Knee to Chest Hold

Russian Twists

Plank Hold



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.