DEEDEE OGAWA · PERSONAL TRAINING

Resistance Band *Full-Body Workout*

2–3 rounds
About 15–20 minutes
Rest 1 minute between rounds
One long band + a small loop band

01



Band squat

12 REPS

Stand on the band, ends at your shoulders. Sit hips back and down, chest up, then stand tall.

Quadriceps · Glutes · Hamstrings

02



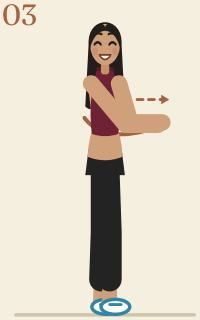
Bent-over row

12 REPS

Stand on the band and hinge forward with a flat back. Pull the ends to your ribs, squeeze your shoulder blades.

Lats · Rhomboids · Mid trapezius · Biceps

03



Chest press

12 REPS

Band around your upper back, ends at chest height. Press both hands straight forward, return slowly.

Chest · Front shoulders · Triceps

04



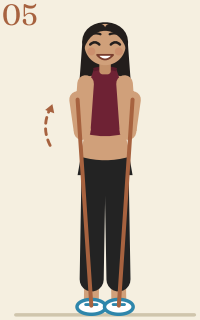
Overhead press

10 REPS

Stand on the band, hands at your shoulders. Press up overhead without arching your back.

Shoulders · Triceps · Upper trapezius

05



Biceps curl

12 REPS

Stand on the band, palms forward, elbows tucked at your sides. Curl up toward your shoulders, lower slowly.

Biceps · Forearms

06



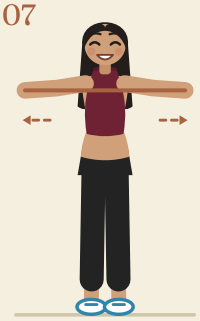
Triceps extension

12 REPS

Stand on one end; hold the other behind your head, elbows up. Straighten your arms, then bend back down.

Triceps

07



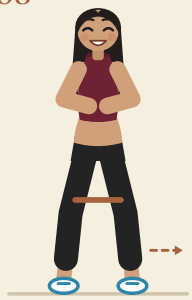
Band pull-apart

15 REPS

Hold the band at shoulder height, arms straight. Pull your hands apart until the band nears your chest.

Rear shoulders · Rhomboids · Mid trapezius

08



Side steps

10 STEPS EACH WAY

Loop band above your knees, knees slightly bent. Take wide, slow steps to the side, keeping the band tight.

Gluteus medius · Glutes · Outer thighs

Before you start

Warm up 2–3 minutes. Breathe out on the effort. Move slowly and with control. Stop if anything hurts, and check with your doctor if you're pregnant, injured, or have a health condition. Check your band for nicks or tears first.

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