

## **EXERCISE BANDS WORKOUT**



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### **Easy Resistance Band Exercises Real Simple**

Plus, you work in a full range of motion, so it targets muscles that you can miss with weights, says Lawson Harris, creator of this routine and owner of the Lab, a fitness studio in Brooklyn. Try these moves three times a week.

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### **Resistance Band Workout Plan Exercise com**

For resistance band workout #2, do three sets of each exercise. The reps vary from 10 to 15 according to the resistance band workout plan. Workout #3 focuses on resistance band exercises to strengthen shoulders and biceps, the middle back, glutes and abs.

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### **Exercise Bands Workout womenshealthmag com**

Few workout tools beat the efficiency of the multitasking resistance band, which costs under 20 bucks and takes up less space in your bag than an iPod.

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