

10 EXERCISES
FOR YOUR GLUTES, ABS AND LEGS
WITH RESISTANCE BANDS



eco  **Zen**
LIFESTYLE

RESISTANCE BAND WORKOUT GUIDE



Step 1



Step 2

KICK UPS - Position yourself on your knees and arms. Bend your right knee, slowly lift the right foot up as high as you can and bring your leg back down. Repeat this exercise for 15 seconds; switch sides to work the opposite glute muscle for another 15 seconds.



Step 1



Step 2

SPIDERMANS - Get into plank position. Look straight down at the floor, keeping your neck aligned with your straight spine. Raise your right knee up to your right elbow and then bring it back. Alternate your left knee up to the left elbow. Repeat this exercise for 30 seconds.

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Step 1



Step 2

KICK OUTS - Position yourself on your knees and arms. Bend your right knee, slowly kick the right foot back align with your back and bring your knee back down. Repeat this exercise for 15 seconds; switch sides to work the opposite glute muscle for another 15 seconds.



Step 1



Step 2

TOE TOUCHES - Position yourself on left knee and arms. Stretch your right leg out slightly above the floor, slowly lift the right leg up and down (not too high). Don't arch your spine and squeezing your glutes when lifting your leg up. Repeat this exercise for 15 seconds; switch sides to work the opposite glute muscle for another 15 seconds.

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You will feel more resistance for the exercise that you have to lie on your back



Step 1



Step 2

BICYCLE KICKS - Position yourself on your arms and stay up in the crunch position. One knee comes up and one leg extends and you just shifting one leg to the other as you go on a bicycle. Repeat this exercise for 30 seconds.



Step 1



Step 2

DOUBLE LEG PRESS - Position yourself on your arms and stay up in the crunch position. Bend your knees close to your chest and straight your legs out with your toes point up. Repeat this exercise for 30 seconds.

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Step 1



Step 2

IN & OUT - Position yourself on your arms and stay up in the crunch position. Straighten your legs out and above the floor several inches with your legs close together. Extend legs in a wide V and bring your legs back together. Repeat this exercise for 30 seconds.



Step 1



Step 2

ALTERNATE LEG PRESS - Position yourself on your arms and stay up in the crunch position. Bend your left knee close to your chest and straighten your right leg out several inches above the floor with your toes pointing up, alternate sides to work the opposite glute muscle. Repeat this exercise for 30 seconds.

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Step 1



Step 2

ABDOMINAL TWIST – Place your hand behind your head or your ears. Now lift your head up and touch your left elbow to the right knee while pulling your knee up towards your head. At the same time, straighten your right leg, keeping it several inches off of the floor. Alternate your right elbow to the left knee. Repeat this exercise for 30 seconds.



Step 1



Step 2

LEG LIFTS - Position yourself on your arms and stay up in the crunch position or lie down with your back flat to the floor. Lay your hands either by the sides or underneath your glutes wherever you feel comfortable. Lift your legs up in the air then lower the legs half way or all the way. Repeat the reps as many as you comfortably can.

******Beginners may find this exercise is too difficult, you can lift one leg up and down at a time for 15 seconds; switch sides to work the opposite glute muscle for another 15 seconds.

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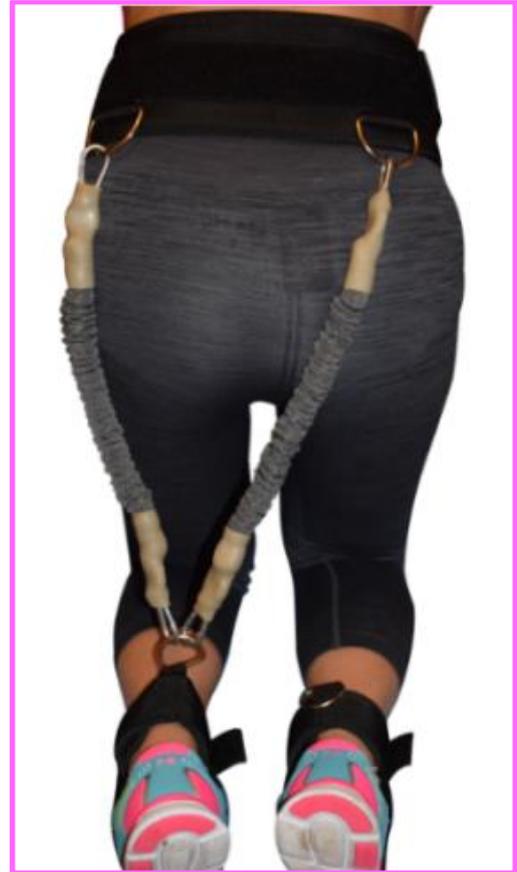


For some exercises, you might find the resistance band doesn't give you enough resistance; you can apply the two resistance bands as in the pictures. This will give up to a 75% increase in resistance.

Note: This tip also works for a short person that finds the resistance band is too long to give enough resistance.



A) Resistance increases 50%



B) Resistance Increases 75%

Not all exercises are suitable for everyone. As with any exercise program, if at any point during your workout you begin to feel faint, dizzy, or have a physical discomfort, you should stop immediately.

You are responsible for exercising within your limits and seeking medical advice and attention as appropriate. EcozenLifestyle is not responsible for any injuries that result from participating in the exercises shown in this manual.