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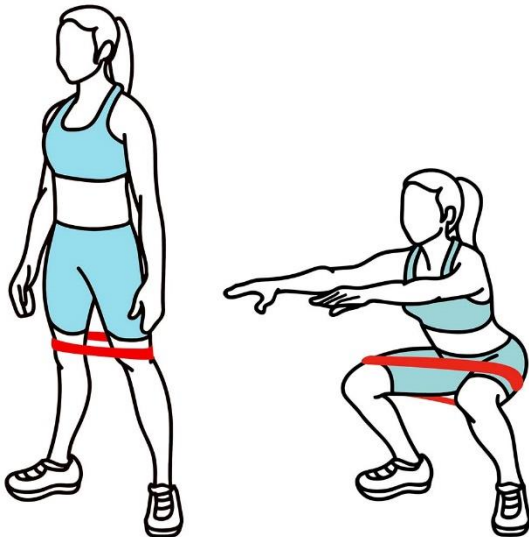
50 Mini Resistance Band Exercises

The exercises are arranged in the following order:

- LOWER BODY: #1 – #20
- CORE / ABS: #21 – #34
- UPPER BODY: #34 – #50

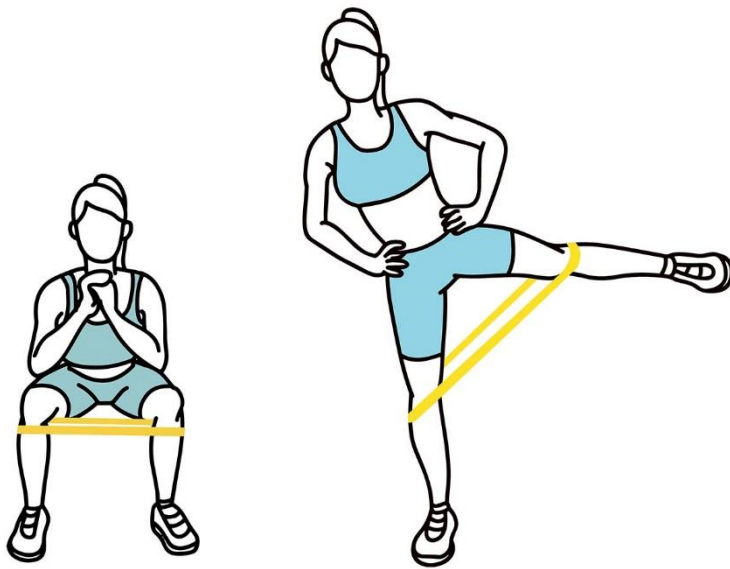
LOWER BODY EXERCISES:

#1 Squat



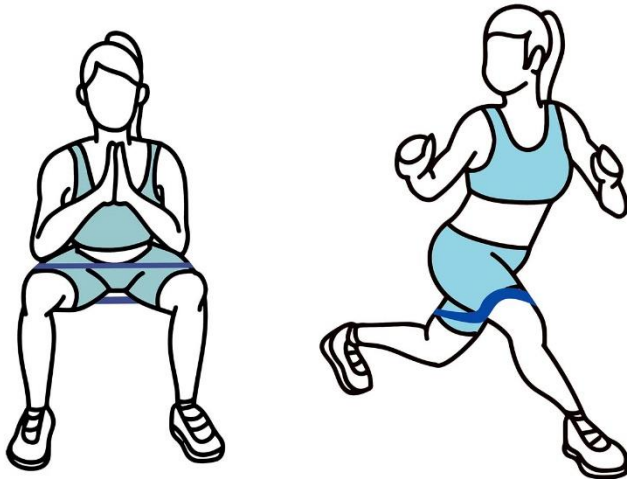
With the band placed just above your knees, squat down until your thighs are parallel to the ground (or higher if that is too difficult). Then, driving through the heels, return to a standing position.

#2 Sumo Squat



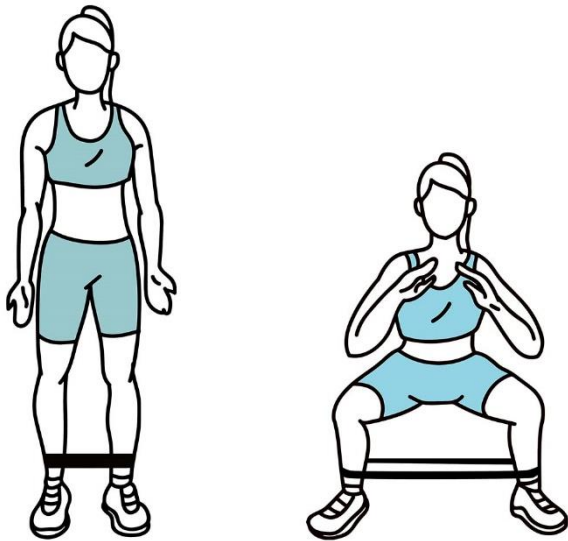
From a squat position, raise your body up and, at the same time, raise one leg up and out to the side. Hold for a moment, then return and repeat on the other side.

#3 Diagonal Split Squat



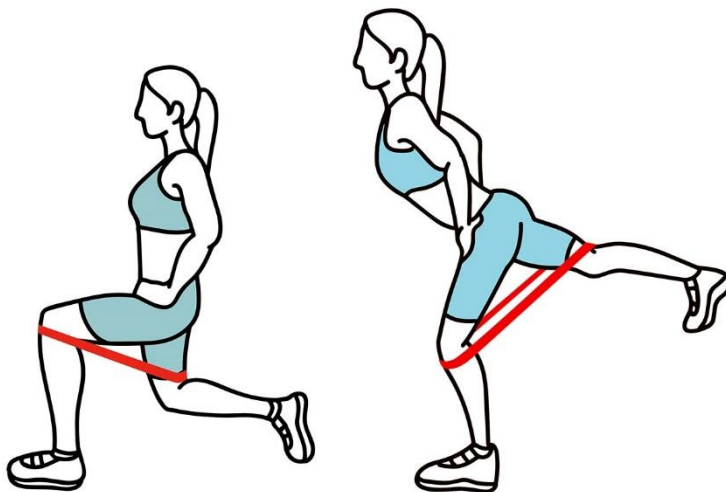
Drop into a squat position with the band looped around your knees. Now step back and diagonally inwards with one leg. Hold for a moment, then come back to a standing position and repeat on the opposite leg.

#4 Drop Squat



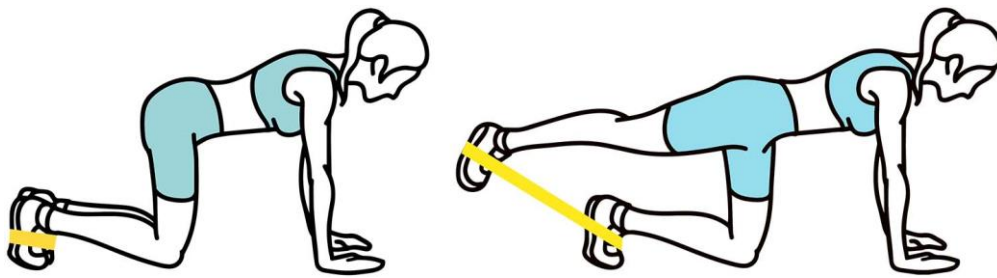
With the band around your ankles, drop down quickly into a low squat with your feet wide apart. Then jump back up and repeat.

#5 Lunge Kickback



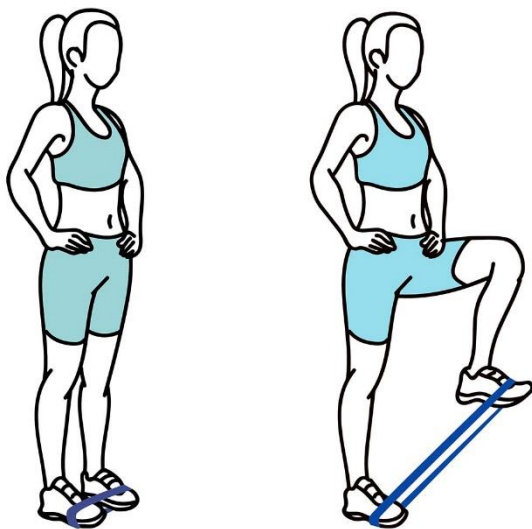
With the mini band placed around your knees, step forward into a deep lunge. Then raise your hips and lean forward as you lift your rear leg. Hold it for a moment, then return and repeat on the other side.

#6 Donkey Kick



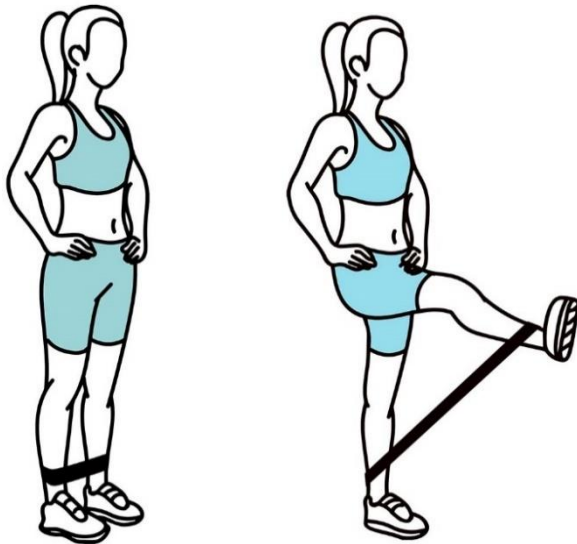
Start on your hands and knees with the band looped around your feet. Kick one leg back, driving your heel towards the ceiling. Squeeze your glutes at the top of the movement.

#7 Knee Raise



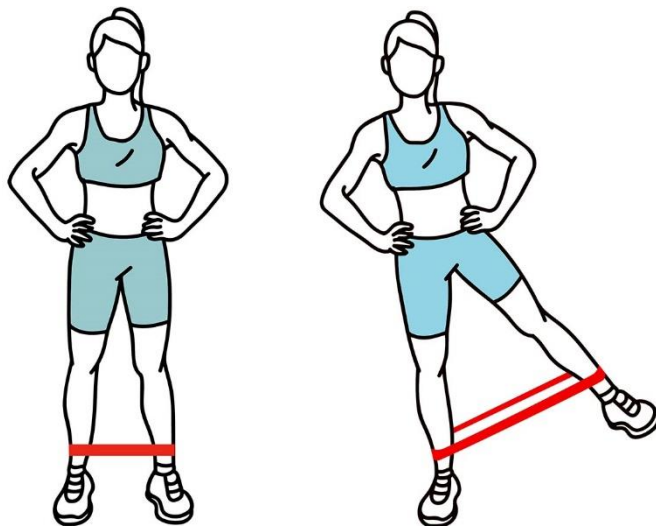
Start in a standing position with the band looped around your feet. Stretch the band by bringing one knee up as high as possible.

#8 Standing Hip Flexion



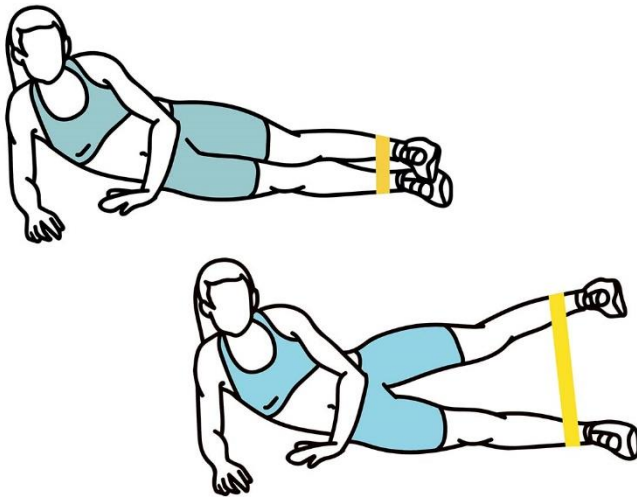
Place the band around your ankles and lift one leg forward and up without bending your knee. Try to raise the leg until it's parallel to the ground.

#9 Standing Hip Abduction



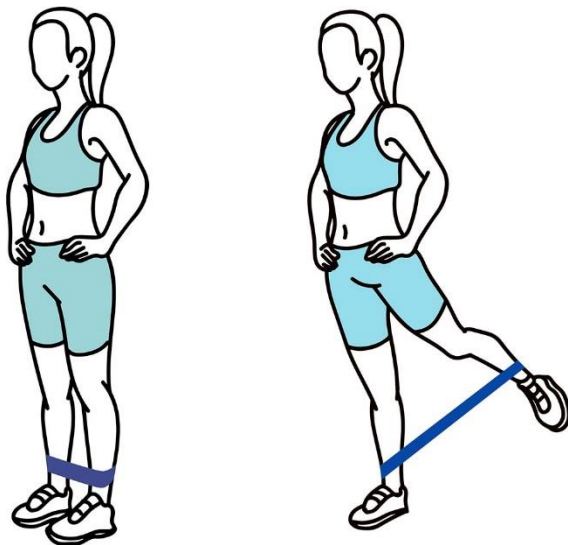
With the band around your ankles, lift one leg out to the side, keeping your body straight and balanced.

#10 Lying Hip Abduction



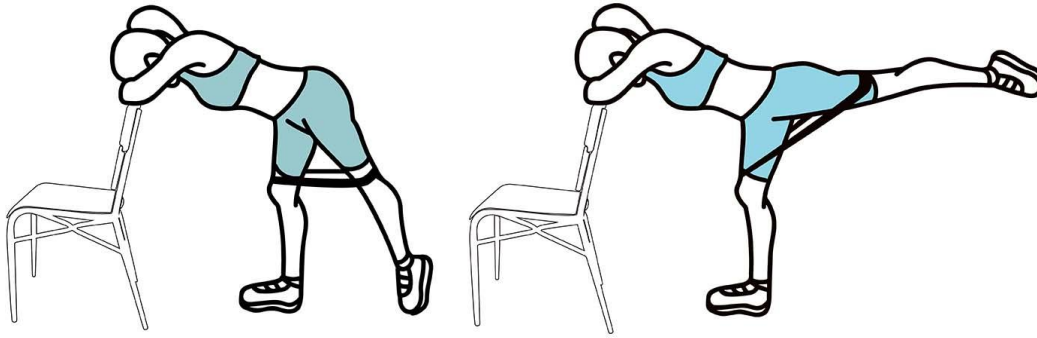
Lie on your side with the band around your ankles, supporting your torso with your arm on the floor. Keeping both legs straight, lift the top leg as high as possible.

#11 Standing Kickback



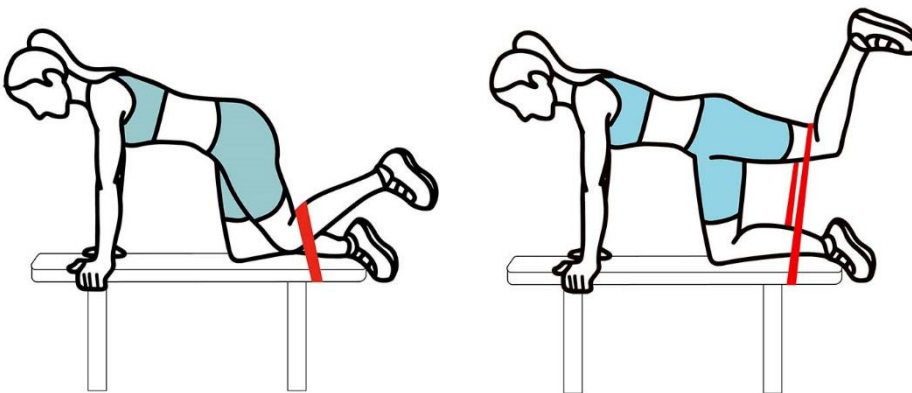
In a standing position, with the band around your ankles, kick one leg back as far as possible.

#12 Leaning Kickback



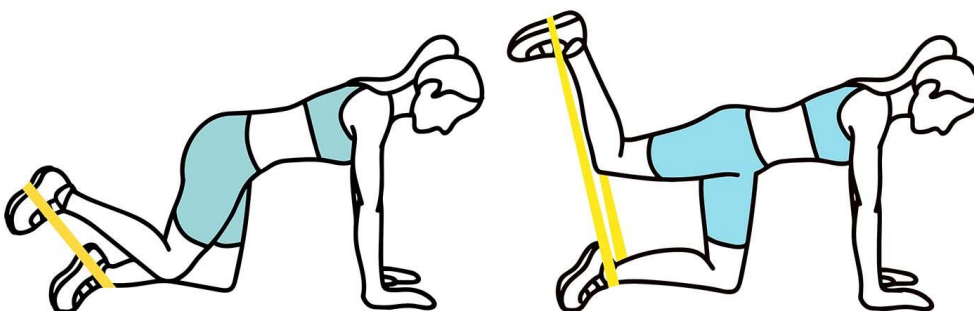
Place the band above your knees and lean forward, supporting yourself on a chair. Kick one leg back and up towards the ceiling. Try to lift your leg until it is parallel to the floor, or higher.

#13 Glute Kickback with Bench



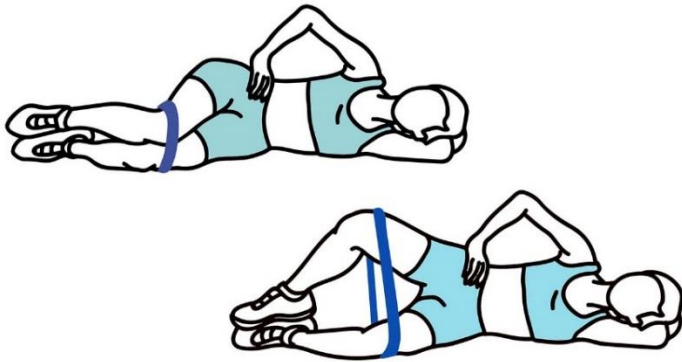
Kneel on a bench with the band looped around the bench and one knee. Keeping your body and neck in a straight line, lift your leg as high as you can.

#14 Glute Kickback



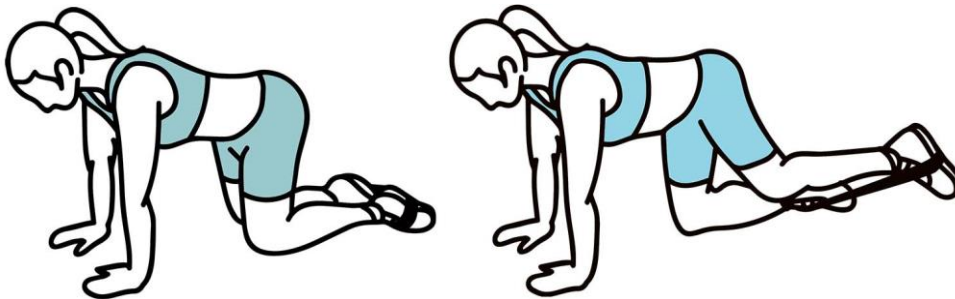
On hands and knees, with the band looped around your feet, kick one foot up towards the ceiling.

#15 Clamshell



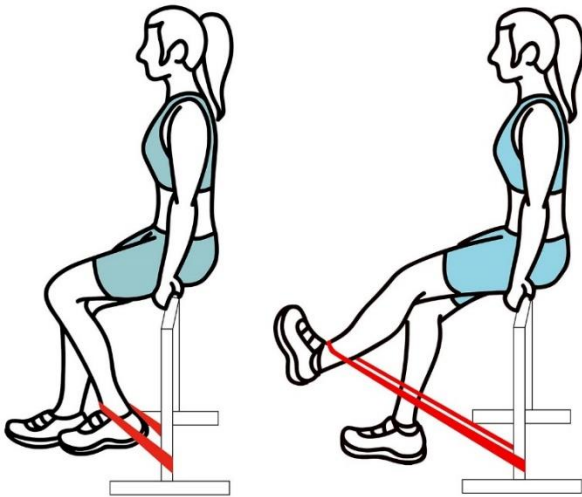
Lie on your side with the band looped around your knees. Stretch the band by spreading your knees wide apart.

#16 Inverse Clamshell



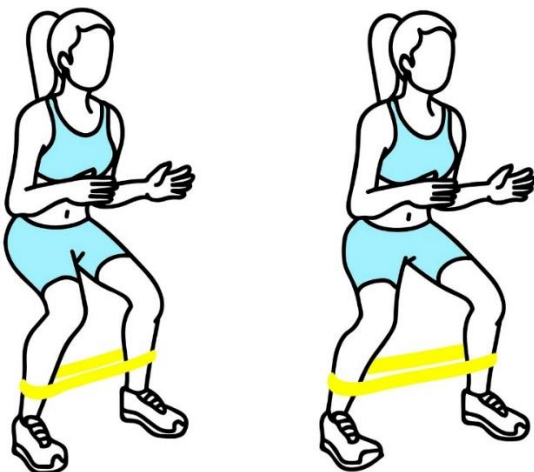
Start on hands and knees with the band around your feet. Keeping your back straight, lift one knee out to the side, stretching the band as far as you can.

#17 Leg Extension



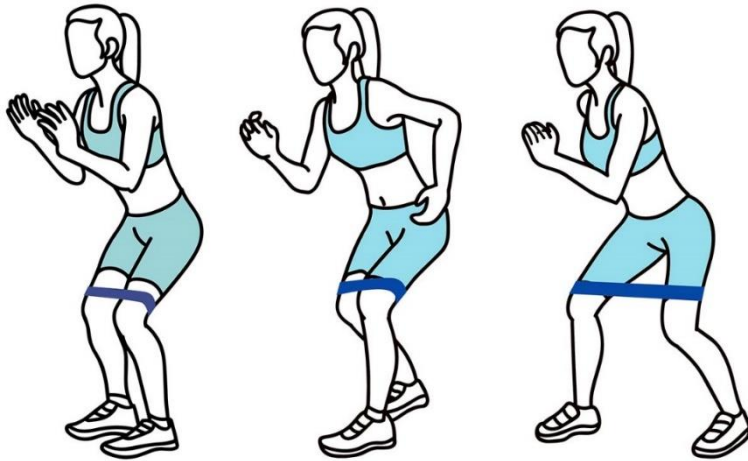
Sit on a chair with the band looped around your ankle and secured down low. Extend your leg until it is straight, then lower to the starting position. Wear socks to prevent the band chafing your skin.

#18 Lateral Shuffle



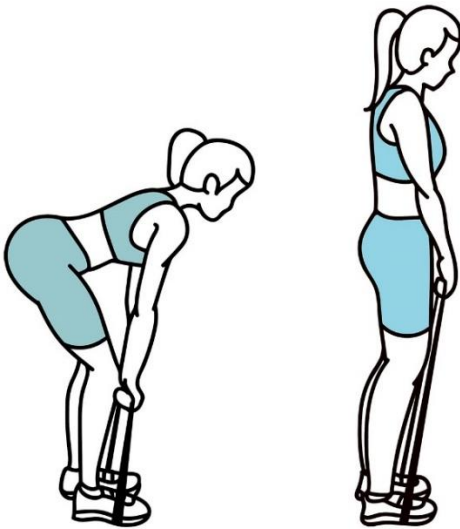
With the band around your ankles, step out to the side several times, then step the other way.

#19 Mini Band Walk



Loop the band around your knees or ankles. Take several steps forward, then return by stepping backwards.

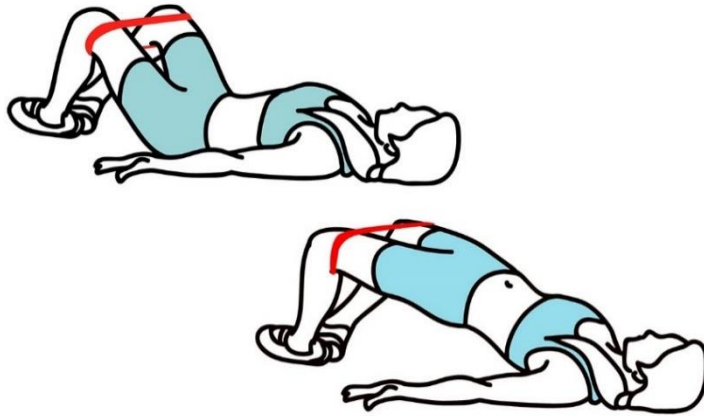
#20 Deadlift



Step inside the loop and bend at the waist to grasp the other end. Pull the band up by straightening your body, keeping your lower back slightly arched throughout the movement.

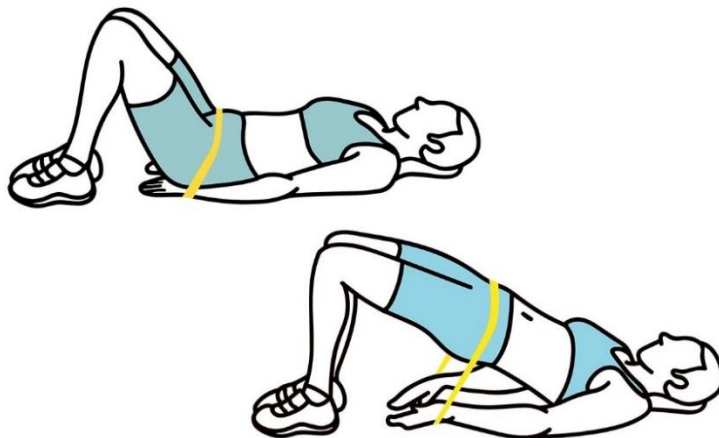
CORE EXERCISES

#21 Bridge Thrust 1



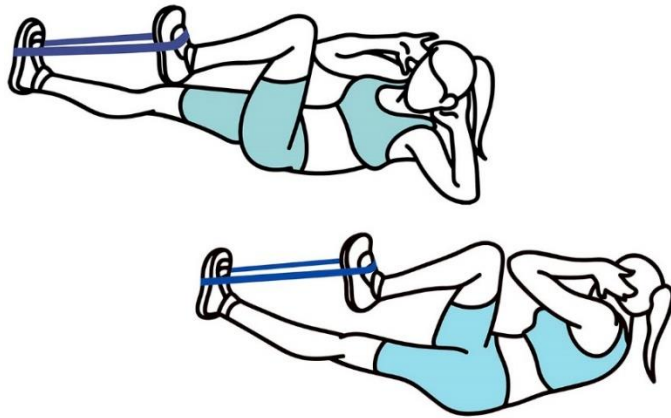
Lie on your back with legs bent and the band around your knees. Lift your hips as high as possible, keeping your upper body relaxed.

#22 Bridge Thrust 2



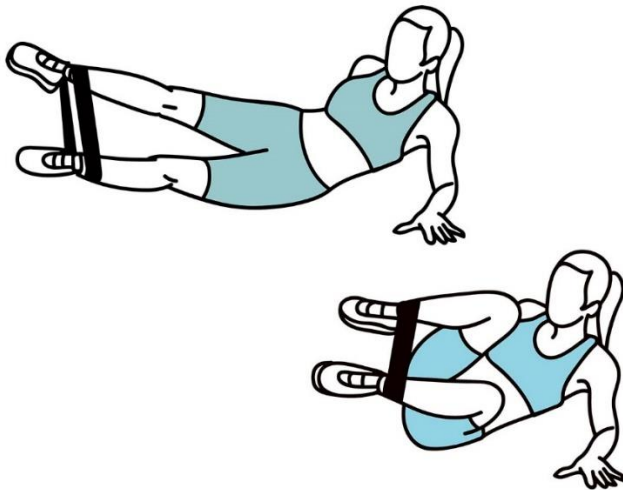
Loop the band around your waist and press it down to the ground as you lift your hips up high.

#23 Bicycle Crunch



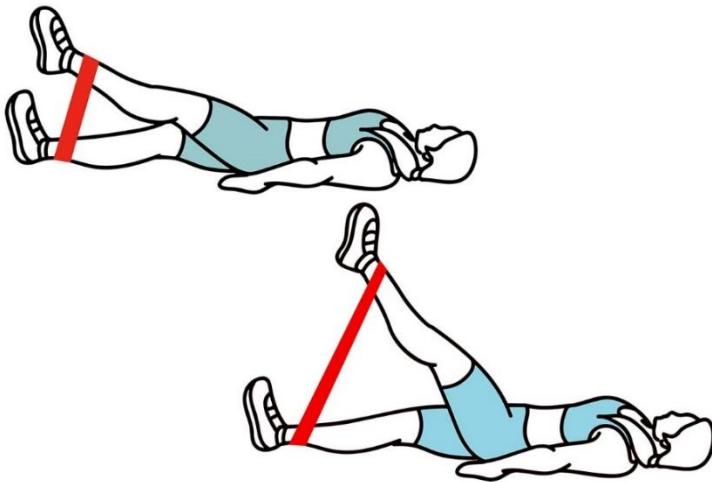
Lie on your back with the band around your feet. Pull your right leg towards your stomach and bring your left elbow to touch your right knee. Return and repeat on the other side in a continuous movement.

#24 Oblique Crunch



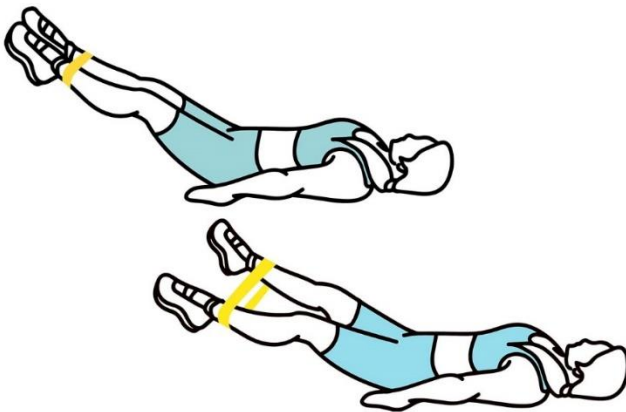
Start in a sideways reclining position with the band around your ankles. Support your body with your elbow and raise your legs straight up. Bring your knees into your chest, using mainly your oblique muscles.

#25 Lying Leg Raise



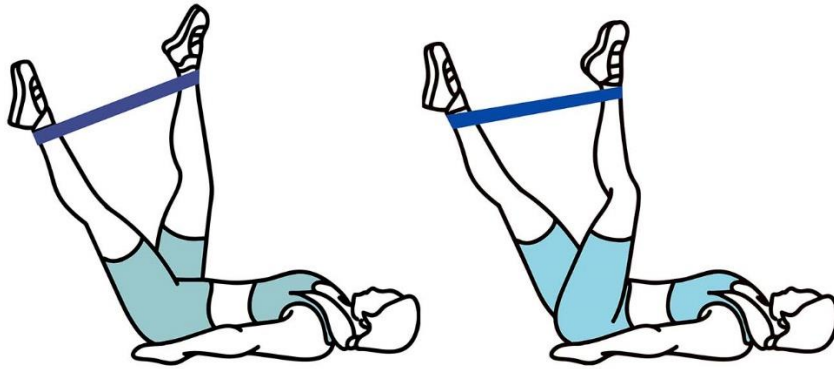
Lie on your back with the band around your ankles. Lift one leg up high while keeping the other leg pressed to the floor. You can make the exercise more difficult by keeping your lower leg raised slightly off the floor.

#26 Horizontal Scissors



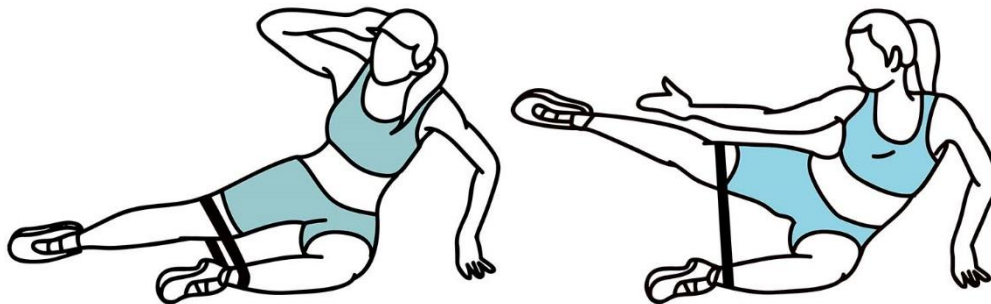
Lying on your back with the band around your ankles, raise your legs off the ground, using your arms to stabilize your body. Open and close your legs in a scissor-like cutting motion.

#27 Vertical Scissors



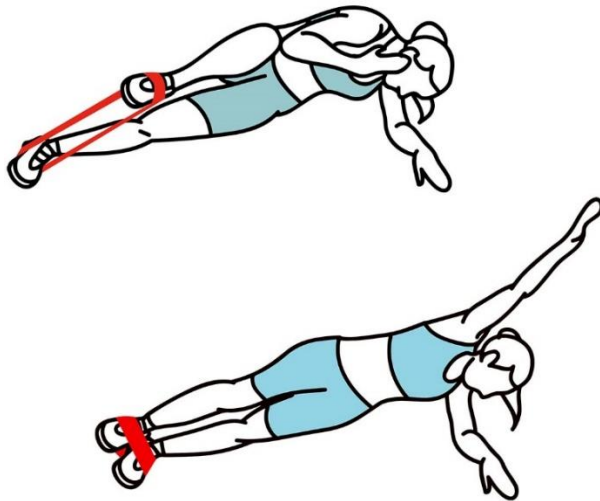
With the band around your ankles and your legs raised, open and close your legs vertically up in the air.

#28 Oblique Leg Lift



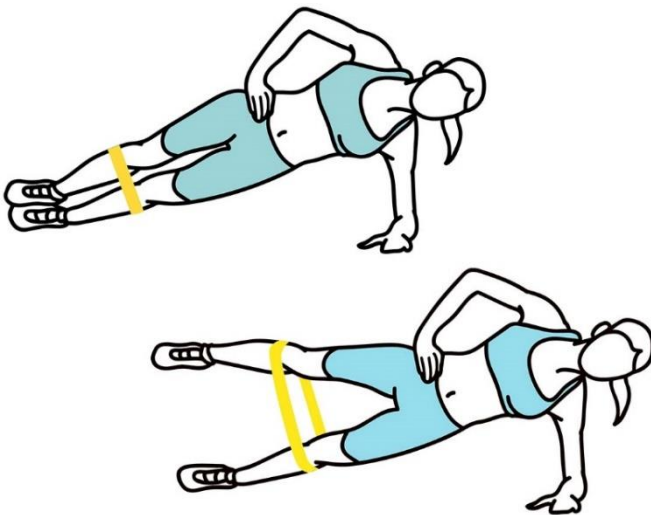
Start in a sideways reclining position, one leg straight in front of you and one bent beneath you. With the knee around your thigh and ankle, lift your upper leg and bring your free hand down to your knee.

#29 Side Plank Crunch



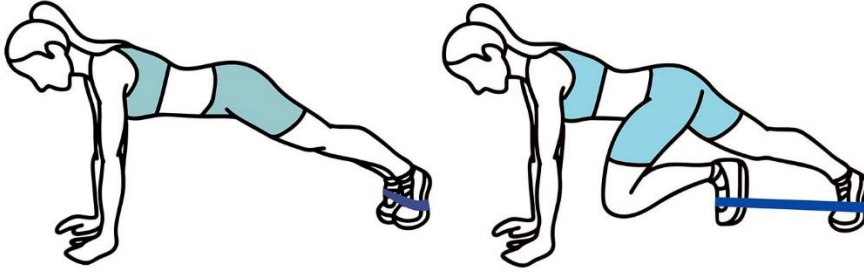
In a side plank with the band around your feet, extend your top arm over your head. Now bring your top knee and elbow together, bending at the waist.

#30 Side Plank Leg Raise



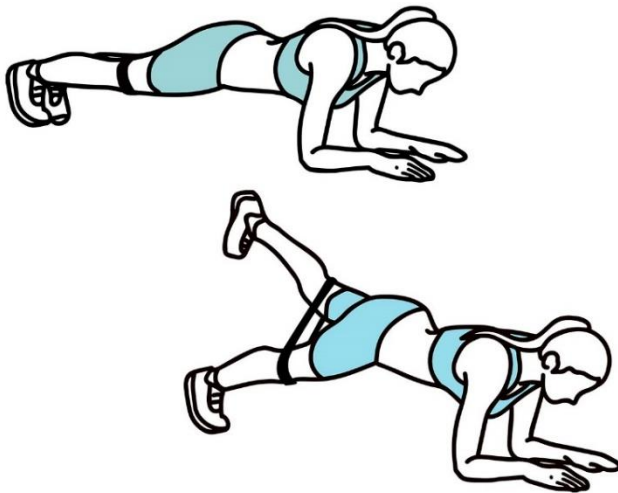
In a side plank, with the band around your knees, raise your top leg as high as possible. Keep your legs straight and your body in a straight line.

#31 Mountain Climber



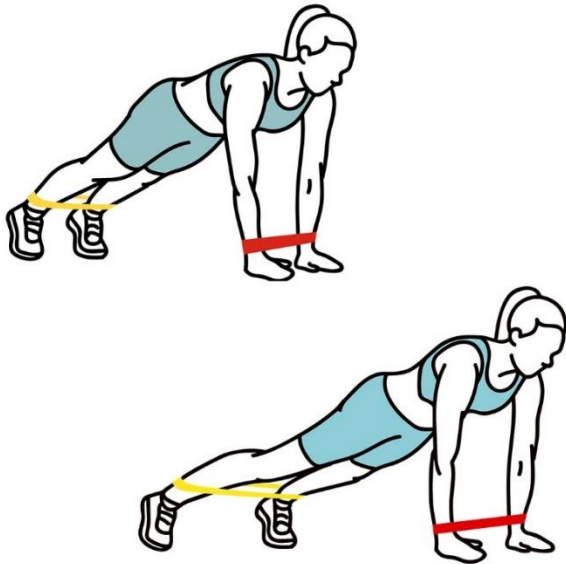
Start in a plank position and loop the band around your toes. Bring one knee up to your chest, hold for a moment, then return and repeat on the other side.

#32 Plank Kickback



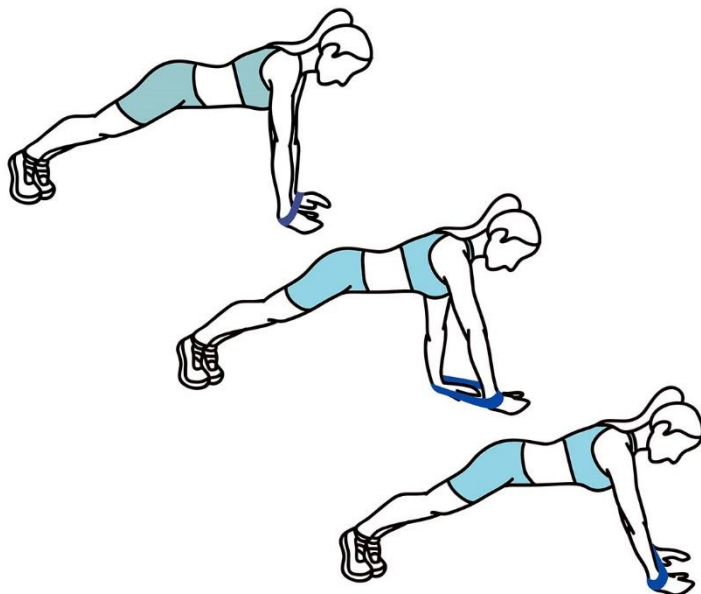
In a plank position with the band around your knees, lift one leg as high as possible, tensing your glutes. Hold for a moment then repeat with the other leg.

#33 Plank Shuffle



Loop the band around your wrists or your ankles, or both. Step out to the right simultaneously with your right foot and right hand. Follow with your left foot and hand. Continue several times in one direction and then switch.

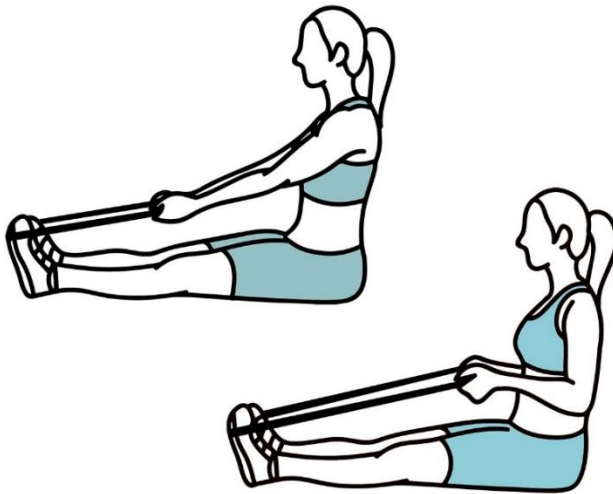
#34 Plank Walk



With the band around your wrists, walk your hands forward as far as you can, then return to the starting point. Repeat, this time leading with the other hand.

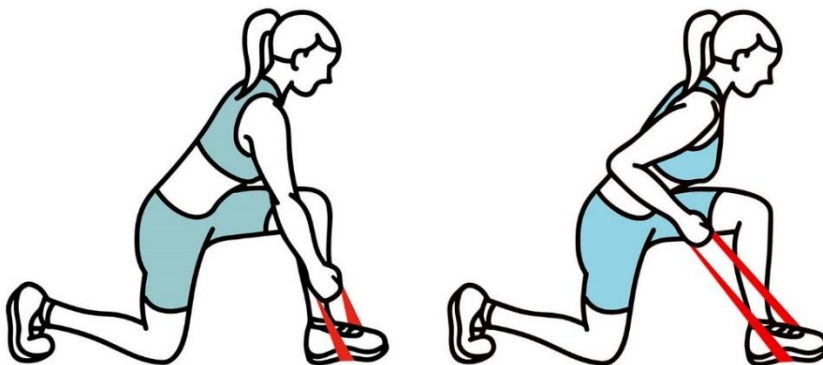
UPPER BODY EXERCISES

#35 Seated Row



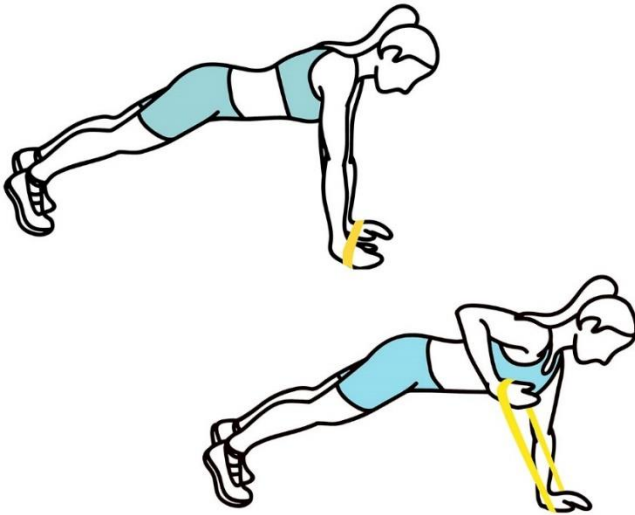
Sit on the floor with your legs straight in front of you and the band looped around your feet. Pull the other end of the loop in towards your stomach, keeping your back straight and squeezing your shoulder blades together.

#36 Kneeling Row



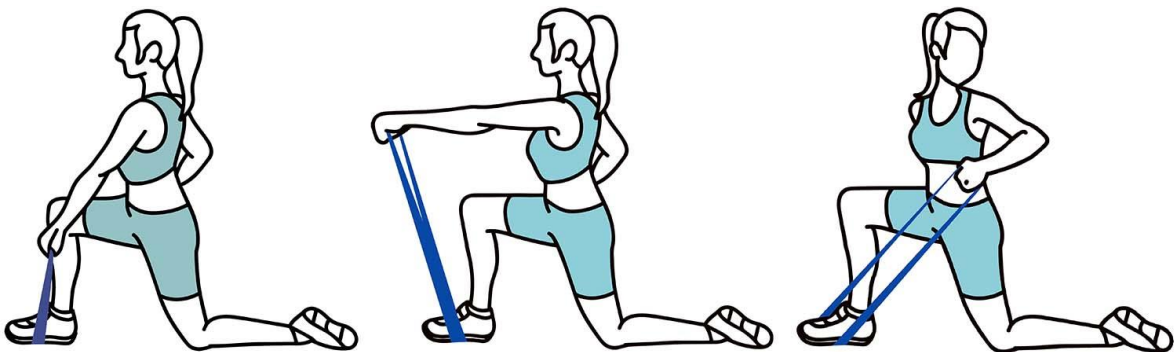
Start in a half kneeling position with the band looped around your front foot. Lean over your front leg, keeping your back straight, and pull the band back without shrugging your shoulders.

#37 Plank Row



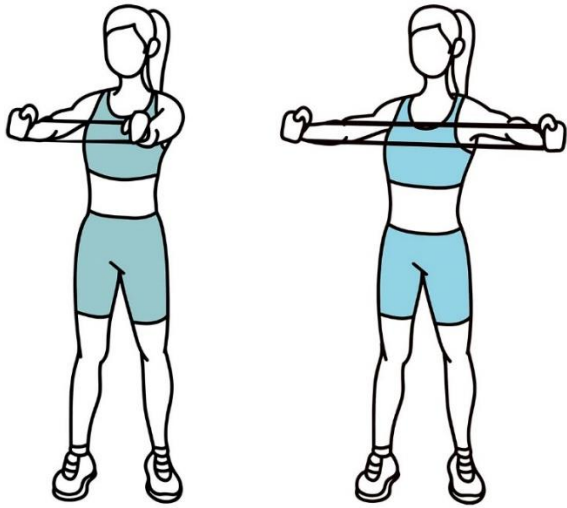
Loop the band around your hands and get into a plank position. Raise one hand off the floor, stretching the band by lifting your elbow up towards the ceiling. Then repeat with the other arm.

#38 Shoulder Raise to Twist



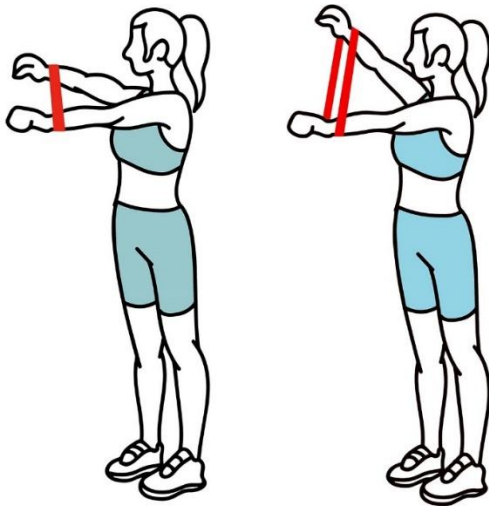
In a half kneeling position, with the band around your front foot, stretch the band up with the opposite hand, keeping your arm straight. At the top of the movement, twist to the side, bringing your hand close to your body. Then return to start and repeat.

#39 Horizontal Arm Extension



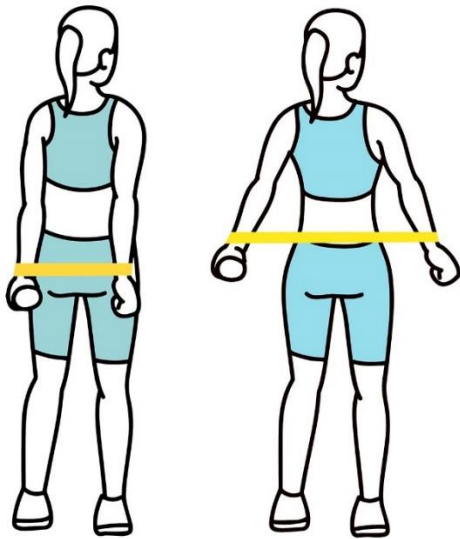
Stand up and, with the band around your wrists, hold your arms straight out in front of you. Stretch the band apart as far as you can, squeezing your shoulder blades together.

#40 Vertical Arm Extension



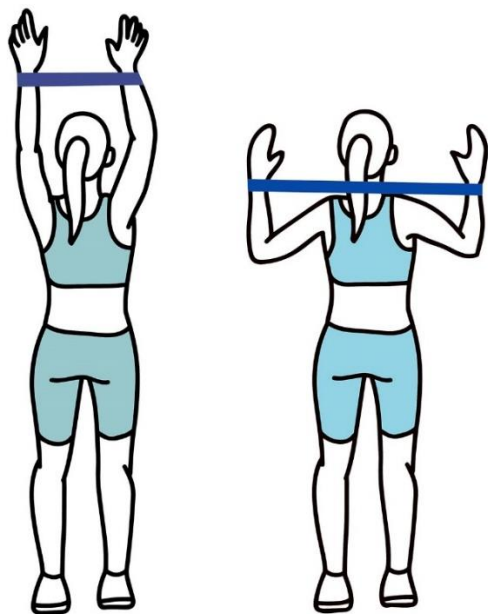
Hold your arms straight in front of you with the band around your wrists. Keeping one arm still, stretch the band by lifting the other arm vertically up.

#41 Rear Arm Extension



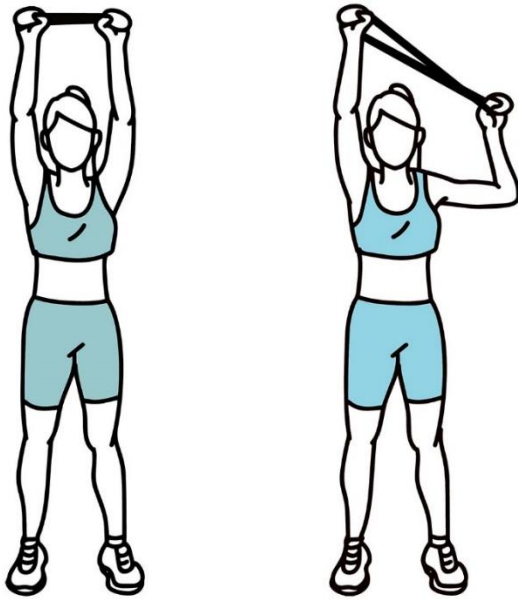
Loop the band around your wrists and hold your arms behind your back. Pull the band apart while keeping your arms straight.

#42 Overhead Row



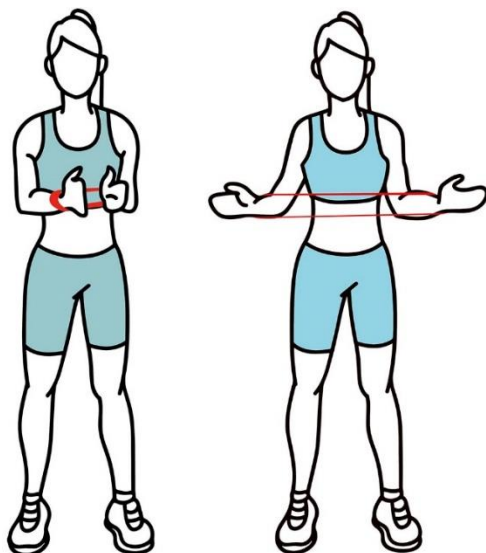
Stretch your arms over your head with the band around your wrists. Now lower your elbows, stretching the band apart behind your head and squeezing your shoulder blades together.

#43 Lat Pulldown



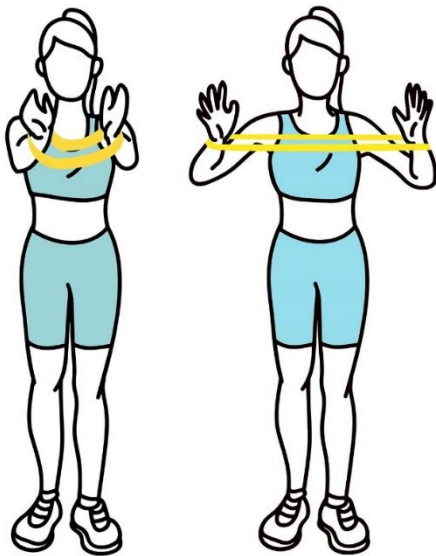
With your arms extended over your head, hold onto either end of the band. Keeping one arm still, pull the band down and outwards with the other arm until it is at head height.

#44 Outward Shoulder Rotator



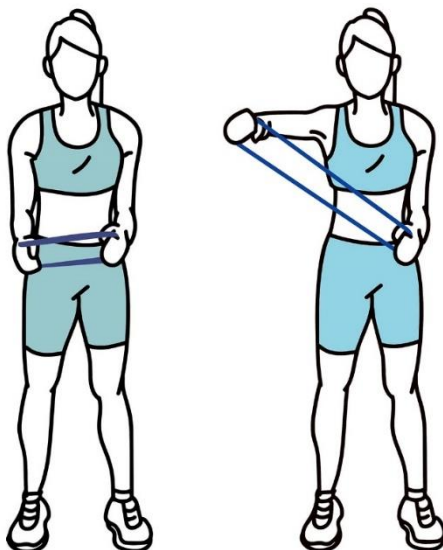
With the bands around your wrists, hold your forearms in front of you, keeping your elbows close in to your sides. Now stretch the band apart without moving your elbows.

#45 Chest Opener



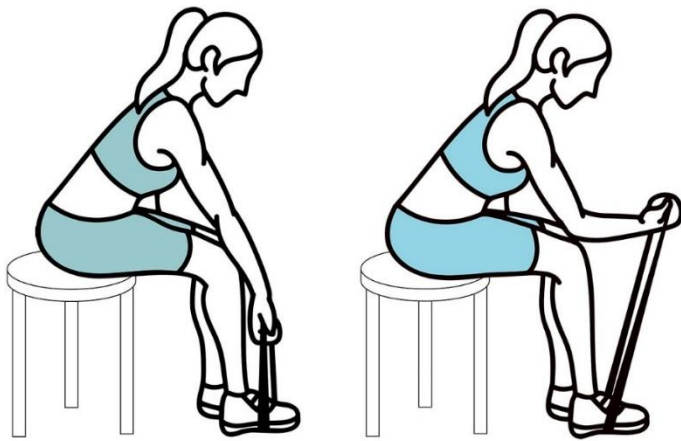
With the band around your wrists, extend your arms out in front of you. Now bring your hands back and let them flare out, turning your palms to face forward and squeezing your shoulder blades together.

#46 Lateral Arm Raise



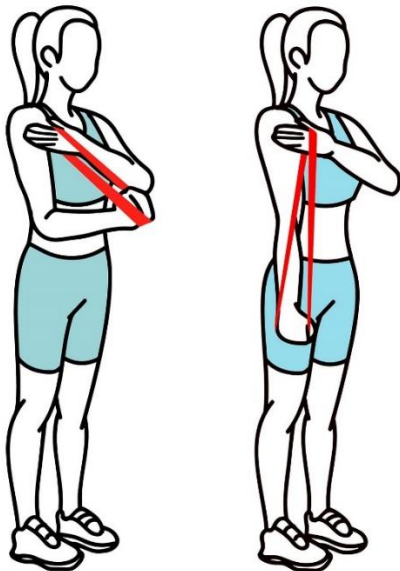
Loop the band around your wrists and hold your forearms in front of you with elbows close in to your sides. Pushing from the shoulder, lift one arm up and out to the side as far as possible.

#47 Bicep Curl



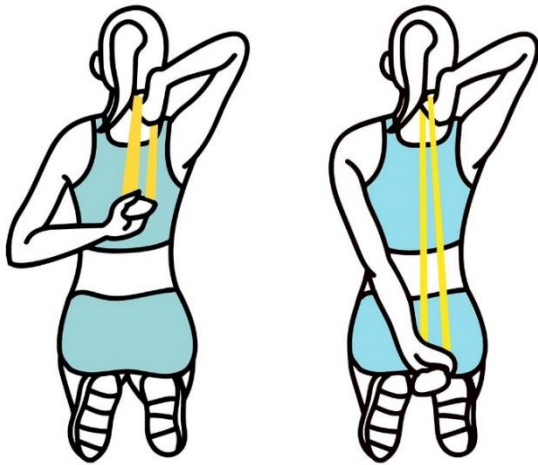
Sit on a chair with the band around one foot. Hold the other end and pull it upwards using your bicep muscle. Keep your elbow fixed in place on your knee.

#48 Tricep Extension



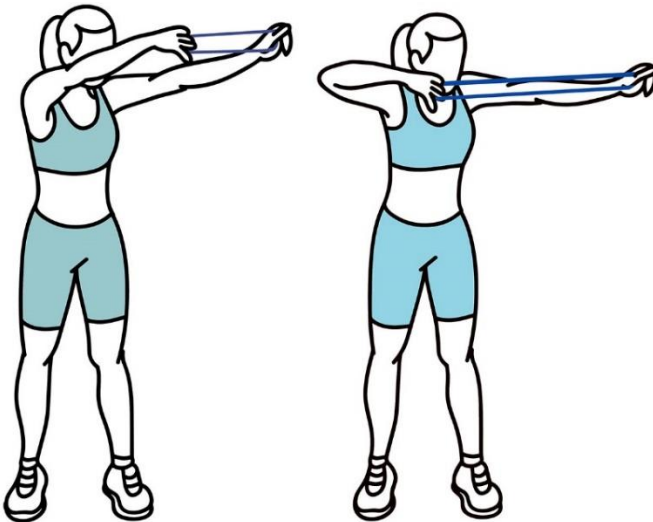
Hold one end of the band tightly against your collar bone. Pull the band downwards with the other hand, using your tricep muscle. Keep your elbow fixed at your side.

#49 Rear Tricep Extension



Either sitting or standing, hold the band behind your back as shown. Keep your upper arm still and pull the band downwards with your other arm.

#50 Archer's Pull



Hold the band as if you are holding a bow. Keep your front arm still and draw the band back fully with the other arm, opening your chest and bringing your shoulder blade back.