



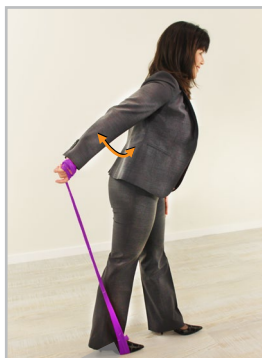
SHOULDER RAISES

Anchor foot and hand at ends of band. Start with arms at sides. With palm facing downward raise arm straight in front to shoulder height. Pause. Lower to starting position. Repeat 10 times. Switch foot and arm.



BICEPS CURLS

Anchor one foot & hand at ends of band. Wrap band around hand. With palms up & elbow close to side, bend elbow lifting hand upward toward shoulder. Pause. Lower forearm to side of body. Repeat 10 times. Switch arms.



TRICEPS EXTENSION

Anchor band under back foot. Wrap band around hand & extend arm straight back with palm facing upward. Hinge your body forward & keep back straight. Bend & extend arms at elbow. Repeat 10 times. Switch arms.



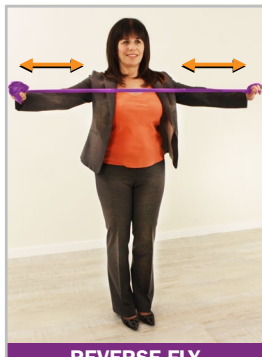
UPRIGHT ROW

Stand with both feet in middle of band. Keeping back straight, pull band upward by bending elbows. Pause. Slowly lower arms to sides. Repeat 10 times.



CHEST PRESS

Place band around middle back. With elbows bent & palms facing downward near chest, wrap band around both hands. Extend arms in front to shoulder level. Slowly return to starting position. Repeat 10 times.



REVERSE FLY

Hold band with both hands in front of body at shoulder height. Keeping arms straight, pull ends of band sideways until band touches your chest. Pause. Slowly return to starting position. Repeat 10 times.

All exercises are done at your own risk

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