

Total Body Resistance Band Workout

<http://www.TheSeasonedMom.com>

Total Time: Approximately 20 minutes

Instructions: Perform each set **TWO TIMES** before moving on to the next set.

Start: 100 jumps with a jump rope (or just use an “invisible jump rope” if you don’t have one)

Set 1: Perform 2 rounds before moving on to Set 2.

- Squat + Overhead Press (10 reps)
- Glute Kickback (10 reps per leg)

In Between Sets: 100 jumps

Set 2: Perform 2 rounds before moving on to Set 3.

- Shoulder Raises (10 reps)
- Cross Chop (10 reps per side)

In between sets: 100 jumps

Set 3: Perform 2 rounds before finishing with jumps.

- Upright row (10 reps)
- Reverse Lunge + Bicep Curl (10 reps per leg)

Finish: 100 jumps