

## 15 Minute Upper Body Resistance Band Workout

### Warm Up

\*30 seconds of each, 2 times through

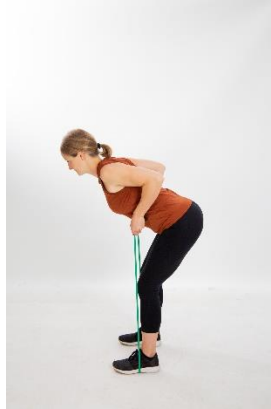
1. Jumping Jacks
2. Squats
3. Mountain Climbers

### Workout

\*45 seconds of work, 15 seconds of rest

\*2 rounds, resting 1 minute in between rounds

1. Back Rows



2. Single Arm Triceps Extension

\*45 seconds per arm



### 3. Bicep Curls



### 4. Band Pull Aparts

\*Start with arms out in front of you about shoulder distance apart, pull band apart (as pictured) and back in.



## 5. Chest fly's



## 6. Upright Row

