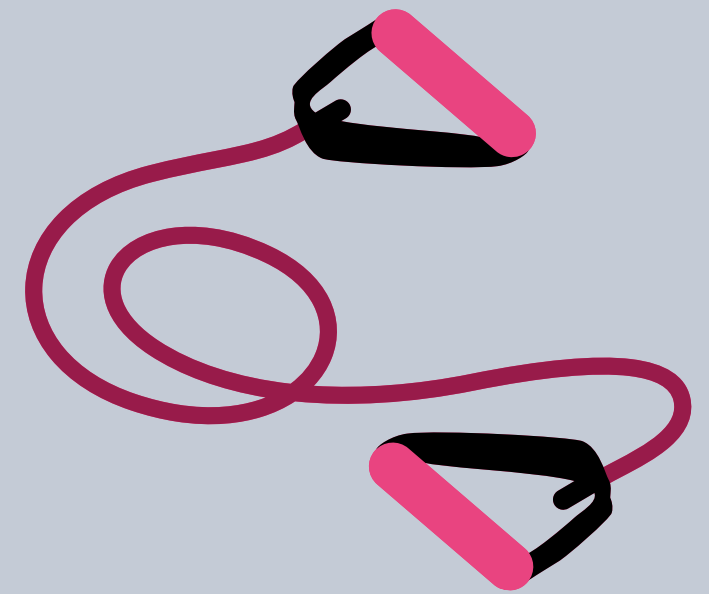
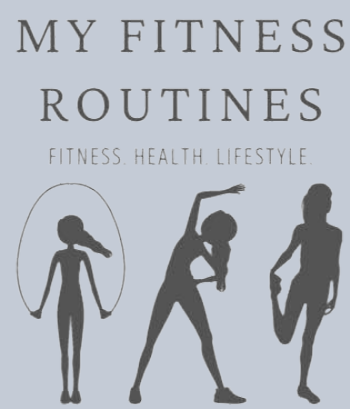


Core Resistance Band Exercises

THIS RESISTANCE BAND EXERCISE CHART PRINTABLE COVERS THE CORE



PALLOF PRESS

Muscles Targeted:
Core (obliques)

Instructions: Attach the band to a sturdy anchor at chest height and hold it with both hands at chest level. Stand sideways to the anchor with feet shoulder-width apart and core braced. Extend your arms straight out from your chest, pressing the band away from your body. Hold briefly, then return to the starting position under control. Aim for 10-12 reps per side. This exercise targets the obliques.

WOODCHOPPER

Muscles Targeted:
Core (obliques)

Instructions: Attach a resistance band to a low anchor point. Stand with feet shoulder-width apart, holding the band with both hands near your knee. Rotate your torso and pull the band diagonally across your body to above your opposite shoulder, then return to the starting position. Perform 10-15 reps per side for 2-3 sets.

PLANK WITH SHOULDER TAP

Muscles Targeted:
Glutes, hamstrings

Instructions: Loop a resistance band around your wrists and get into a plank position with hands shoulder-width apart. Tap your left shoulder with your right hand, then your right shoulder with your left hand, keeping your core stable. Perform 10-15 taps per side for 2-3 sets.

RUSSIAN TWIST

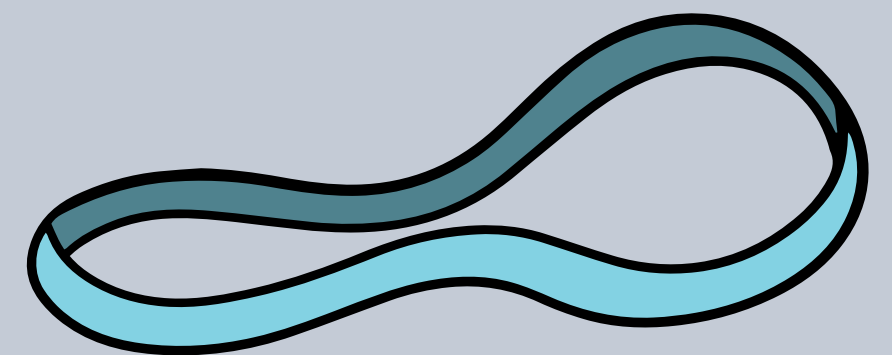
Muscles Targeted:
Core (obliques)

Instructions: Sit on the floor with legs bent, looping a resistance band around your feet. Hold the band with both hands in front, lean back slightly, and twist your torso to the right, then to the left, keeping your core engaged. Perform 10-15 twists per side for 2-3 sets.

BICYCLE CRUNCH

Muscles Targeted:
Core (rectus abdominis, obliques)

Instructions: Lie on your back with a resistance band looped around your feet, hands behind your head, and legs lifted. Bring your right elbow to your left knee while straightening your right leg, then switch sides. Perform 10-15 reps per side for 2-3 sets.



ALWAYS REMEMBER TO:

When doing upper body exercises with resistance bands, anchor the band securely and maintain proper form throughout. Keep tension on the band during each movement, adjust resistance levels as needed, and focus on controlled, deliberate motions to engage the muscles effectively.

Remember to breathe steadily, warming up before and cooling down after workouts to prevent injury. It's also a good idea to consult with a fitness trainer or coach to tailor a workout plan that suits your needs.