

Resistance Band Exercises



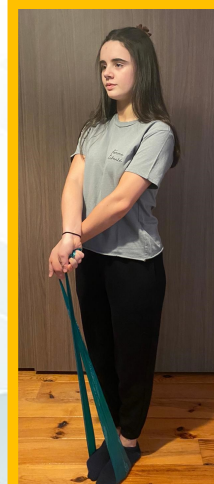
Reverse Flies



Hip Abduction



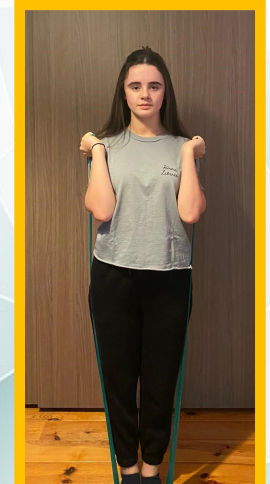
Lateral Raise



Front Raise



Triceps Extension



Biceps Curl



Hip Extension



Chest Press



Squat



Lat Pull Down