

RESISTANCE BANDS SET BEGINNER

4 weeks / 2-3 times a week

SET



Side raise	15 reps.
Flyes	15 reps.
Back row	15 reps.
Biceps curl	15 reps.
Triceps Pushdown	15 reps.
Face pull	15 reps.

45 SECONDS BREAK BETWEEN EACH EXERCISE

TOTAL 3 SETS

Note:
Before starting your workout please visit our warnings page. cool2workout.com/warnings. Always do a warming up and cooling down, and make sure your body is properly hydrated. Preferably leave one day rest in between workouts.