

FITFLOAT STRETCH & TONE (RESISTANCE BAND)

50 Minute Sequence

WARM UP

1. Neck circles
2. Shoulder, elbow, arm rolls
3. Tricep stretches
4. Seated side stretch
5. Seated forward fold
6. Seated twist

TABLE (ALL FOURS)

1. Kneeling Push ups X 10
2. Plank rocks 15sec
3. Tricep kickbacks with band
4. Repeat #1-3 change side on #3
5. Reverse Crunches (knee to elbow) 5x each side w/ band in hand
6. Fire Hydrants - Knee bent, lift to side, extend leg, knee to chest 5x each side

FRONT ATTACHMENTS

1. Static Lunge 10x with bicep curl using band (each side)
2. Seated Rows 15x
3. Oblique twists w/band diagonal reach 10x

NO ATTACHMENTS (BAND UNDER FEET)

1. Single leg Kick Backs (Tabletop, band around foot, extend leg straight back) 10x each side
2. Upright Rows (Cross bands) 10x
3. Squats (Band at shoulders) 15x
4. Bicep Curls (Standing) 10x
5. Lateral Raises 10x
6. Deadlifts 15x

REAR ATTACHMENTS

1. Kneeling Chest Press 10x
2. Tricep Extension (overhead) 10x each side
3. Hamstring Curls 10x each side

SUPINE

1. Open/Close (Abduction, band around feet, legs at 90 - 45 degrees) 10x
2. Hip Raises (Legs at 90 degrees) 10x
3. Abdominal Curls (No Band) 15x
4. Bridge Pose Hip Lifts 10x w/band under scaps pulled taught with arms extended to a T
5. Spinal Twist 30 seconds per side