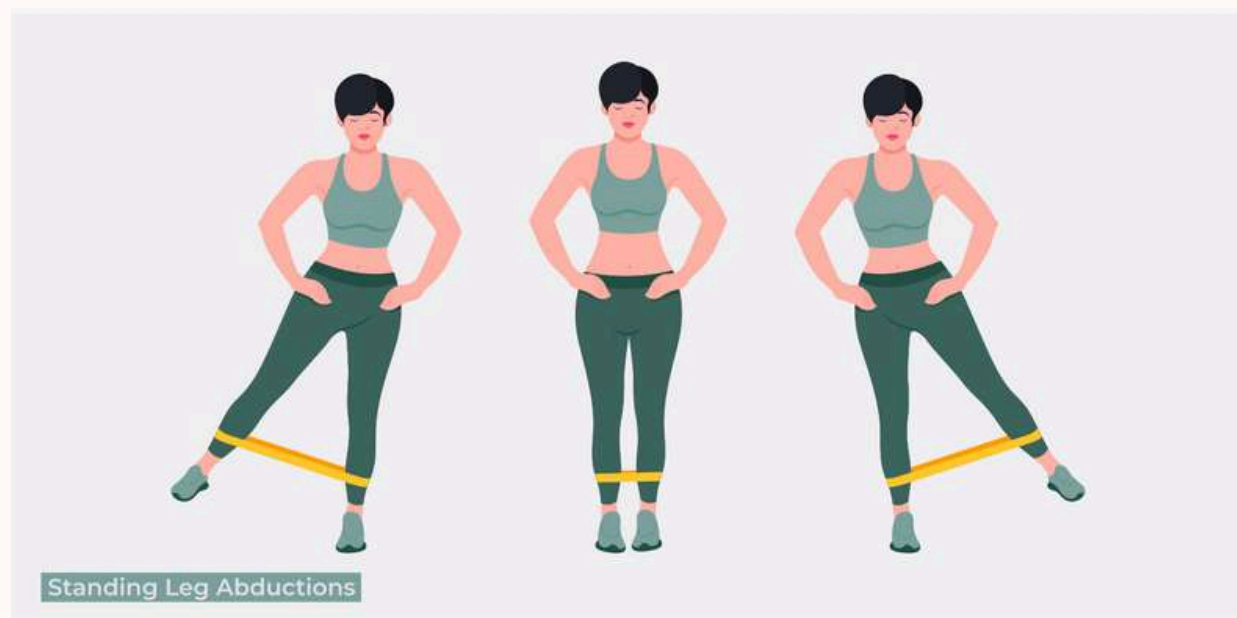
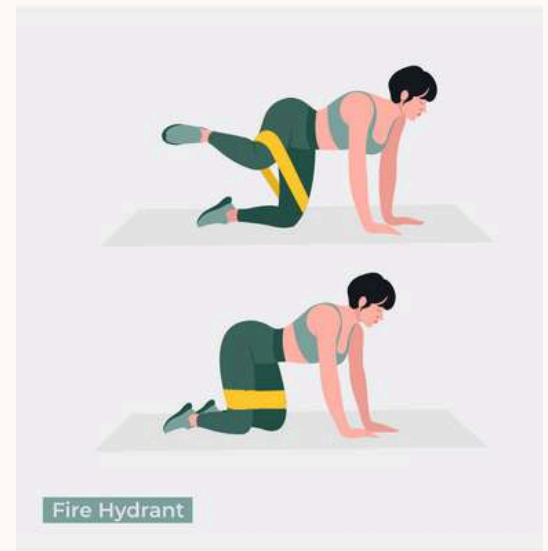
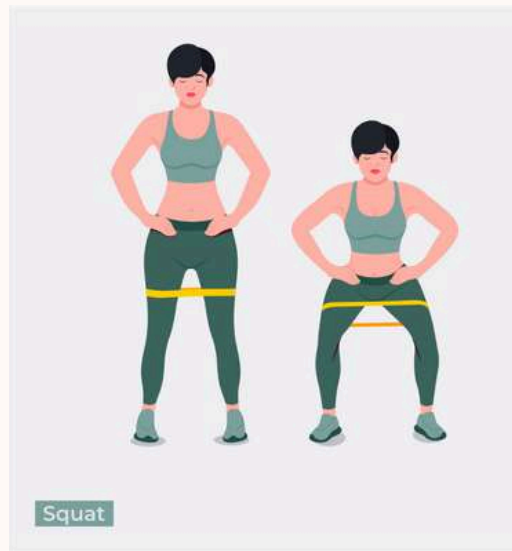
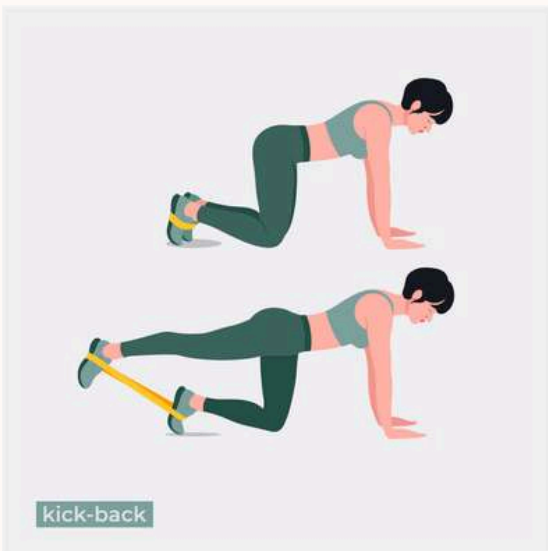
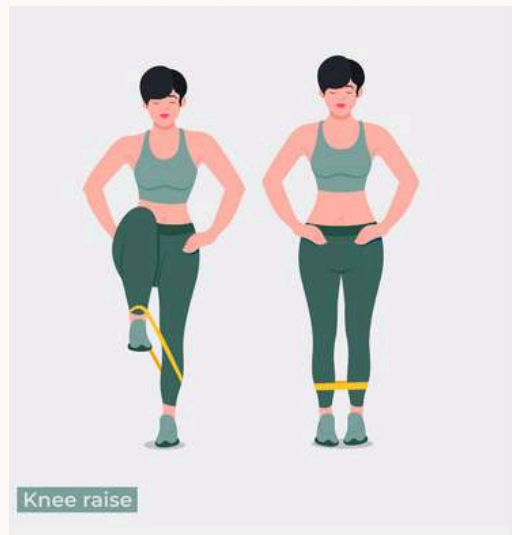


RESISTANCE BAND WORKOUT ROUTINE

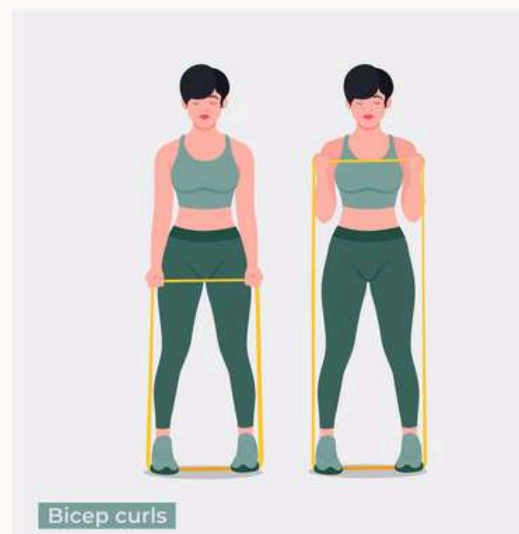
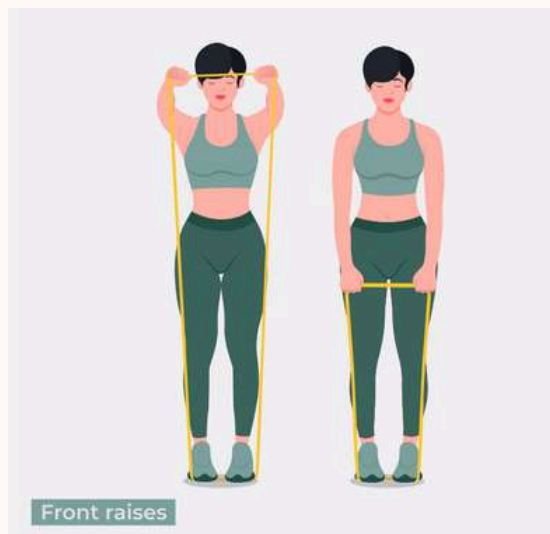
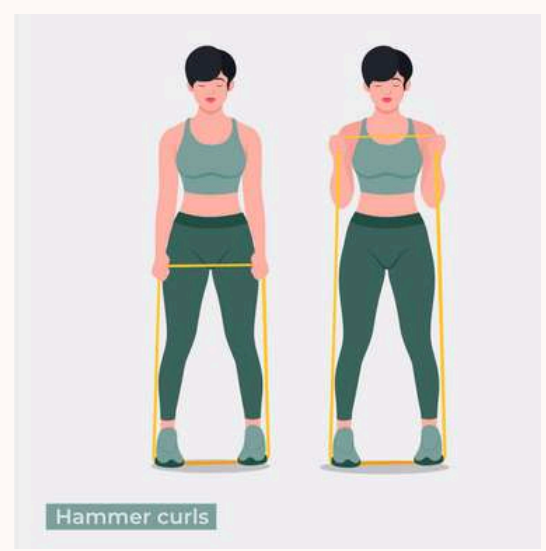
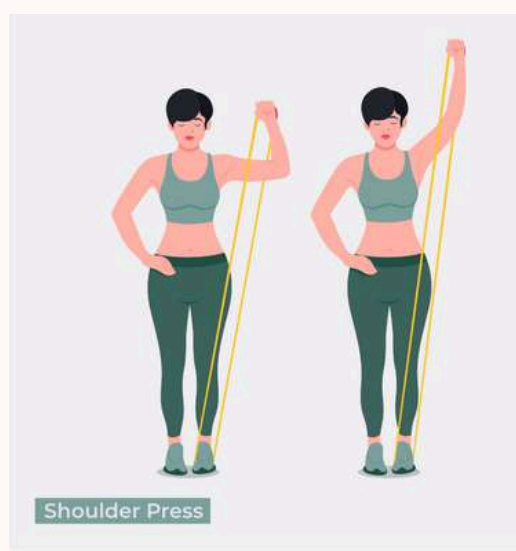
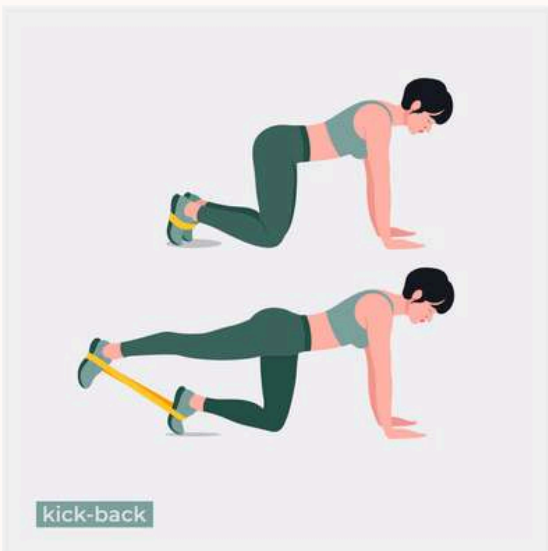
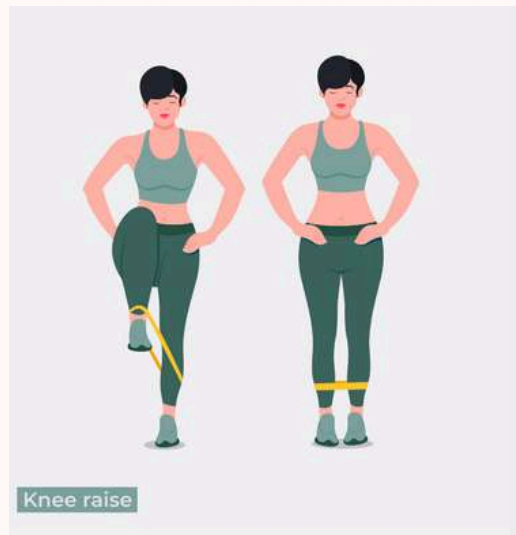
Lower Body



JUSTFIT!

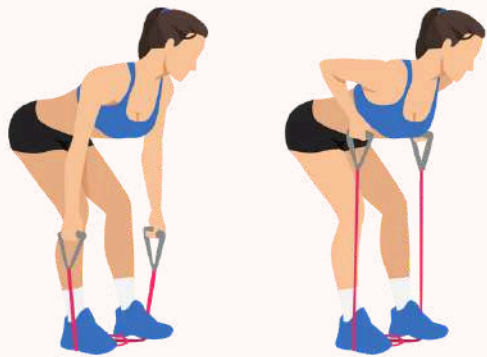
RESISTANCE BAND WORKOUT ROUTINE

Upper and Lower Body

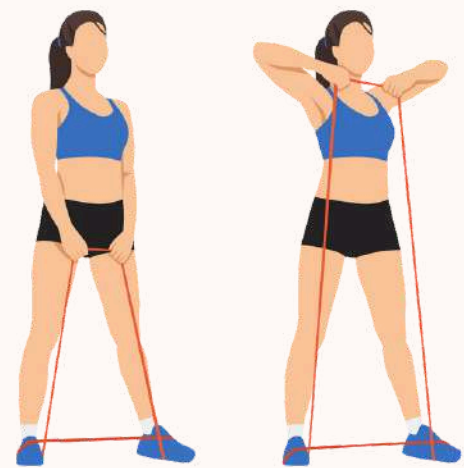


RESISTANCE BAND WORKOUT ROUTINE

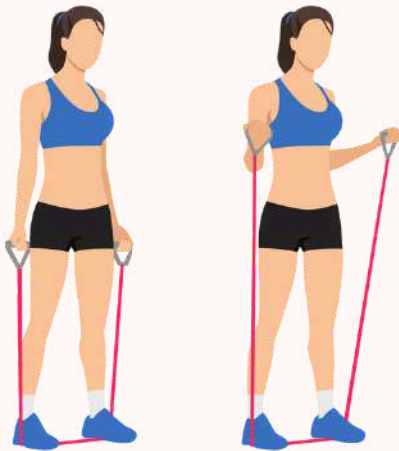
Upper Body



Resistance Band Bent Over
Rows: 15 reps x 3 sets



Resistance Band Upright Row:
15 reps x 3 sets



Resistance Band Bicep Curls: 15
reps x 3 sets



Resistance Band Tricep
Kickback: 15 reps x 3 sets