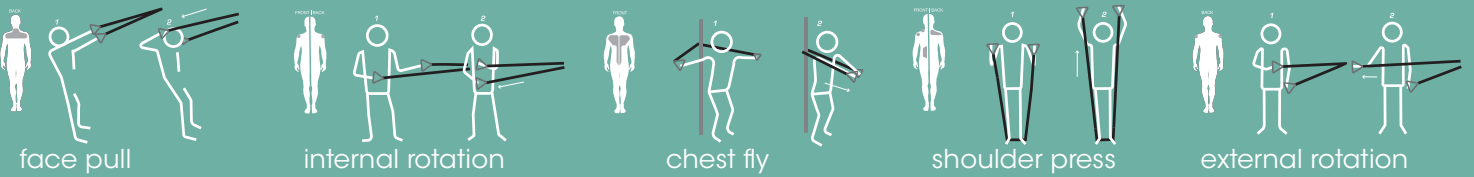
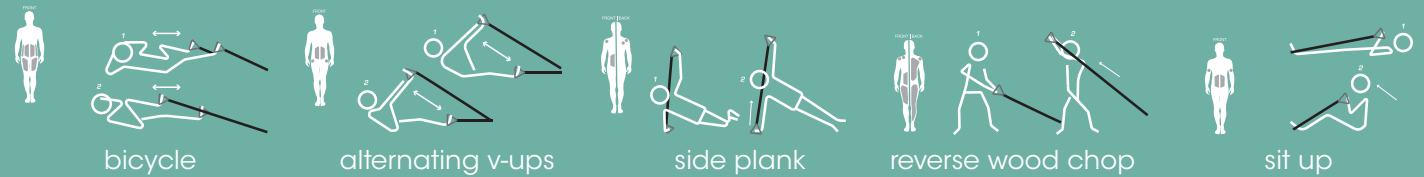
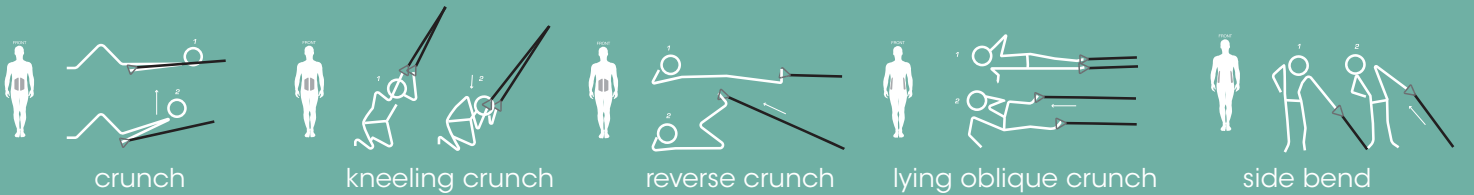


# RESISTANCE BAND WORKOUTS

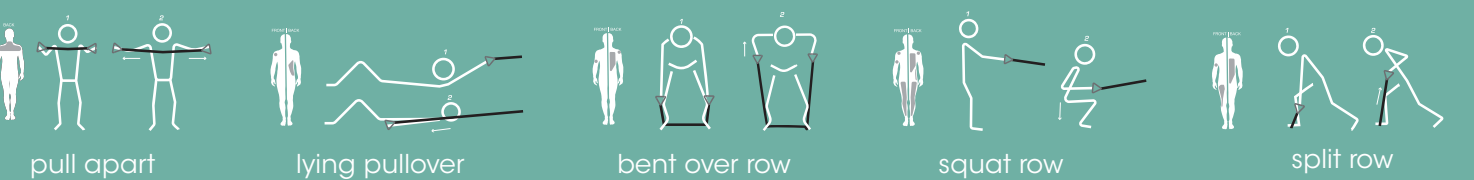
## UPPER BODY



## CORE



## BACK



## LOWER BODY



## TOTAL BODY

