

The Full-Body Resistance Band Workout To Tone Up

Exercise	Sets/Reps	Rest
Push Ups	4x8	60 Seconds
Tricep Extension	4x10	45 Seconds
Squat-Shoulder Press	5x5	60 Seconds
Leg Pull Aparts	4x10	45 Seconds
Bent Rows	5x5	60 Seconds
Bicep Curls	4x10	45 Seconds

For help follow the links below:

<https://www.exercise.co.uk/learn/the-full-body-resistance-band-workout-to-tone-up/>

<https://www.youtube.com/watch?v=P0NQs-z6qdk&feature=youtu.be>