

## The Upper Body Resistance Band Workout

Exercise	Reps
Bicep Curl	3x10
Hammer Curl	3x10
Push Up	4x10
Chest Press	4x10
Tricep Extension	3x10
Tricep Kickback	3x10
Shoulder Press	4x10
Front Raises	4x10
Bent Rows	4x10
Good Mornings	4x10

For help follow the links below:

<https://www.exercise.co.uk/learn/resistance-band-workout-to-sculpt-your-upper-body/>

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