

## RESISTANCE BAND EXERCISES

### RESISTANCE — UPPER BODY

EXERCISE	START	FINISH
<b>01</b> Fly		
<b>02</b> Lateral Raise		
<b>03</b> Kick Back		
<b>04</b> Row		
<b>05</b> Curl		

### RESISTANCE — LOWER BODY

EXERCISE	START	FINISH
<b>06</b> Adduction		
<b>07</b> Abduction		

### RESISTANCE — ABS/CORE

EXERCISE	START	FINISH
<b>08</b> High to Low Chop		
<b>09</b> Trunk Rotation		
<b>10</b> Crunch		

## SUSPENSION EXERCISES

### SUSPENSION — UPPER BODY

EXERCISE	START	FINISH
<b>01</b> Chest Press		
<b>02</b> Back Extension		
<b>03</b> Tricep Press		
<b>04</b> Row		
<b>05</b> Curl		

### SUSPENSION — LOWER BODY

EXERCISE	START	FINISH
<b>06</b> Squat		
<b>07</b> Lunge		

### SUSPENSION — ABS/CORE

EXERCISE	START	FINISH
<b>08</b> Running		
<b>09</b> Knee to Chest		
<b>10</b> Pike		

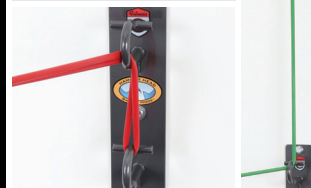
## STRETCHES

<b>01</b> Lat	
<b>02</b> Rear Delt	
<b>03</b> Double Arm Lat & Pec	
<b>04</b> Overhead Lat & Pec with Lunge	
<b>05</b> Pec with Lunge	
<b>06</b> Tricep	
<b>07</b> External Rotation	
<b>08</b> Pulley Rotator Cuff Internal Rotation	
<b>09</b> Quad	
<b>10</b> Hamstring	

## ANCHORING & THREADING

### THREADING

To increase the tension of a resistance band, simply thread the band through a second hook.



To attain the desired length of both suspension and stretch straps, thread the strap through a second hook.



The eight-foot stretch strap can be used as a pulley.

See Stretches – 08 Pulley Rotator Cuff Internal Rotation.

For videos of each exercise, please visit:

[CoreEnergyFitness.com](http://CoreEnergyFitness.com)

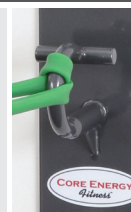
### BASIC LOOP

For most exercises, especially those without vigorous dynamic movements, it is sufficient to simply loop the band over the hook.



### WRAPPING

To eliminate band slipping during exercise, wrap the band around the hook. This will secure the band at its desired length during exercise.



- Consult your doctor before embarking on a fitness program.
- Do not allow children or persons unfamiliar with fitness equipment or exercise, near the Anchor Gym.
- Use the equipment only for its intended purpose.
- This exercise poster valid for all Anchor Gym wall units and stations.