

Workout of the Month:

April

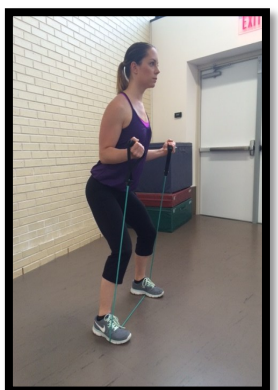
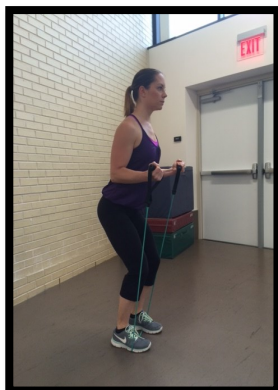
Equipment Focus:

Resistance Tubing

1. Squat and Press



2. Static Curl with Lateral Walks



PERFORM 2-4 SETS OF 10 REPS EACH EXERCISE

3. Single Leg Deadlift with "Y" Extension



Note: Bands and Tubing come in various colors, which differentiate resistance. Refer to the chart at the RFC or ask the trainer on the fitness floor for help choosing the right one!



4. Downward Chop



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Attach tube/band to external structure

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5. Lat Pull Down with Bridge

