

# RESISTANCE BANDS



## EXERCISE GUIDE

by *Loz*



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## Oh hey there superstar!

I'm so happy you are reading this Resistance Band Exercise Guide because it means you are one step closer to mastering your Movement on your fitness journey to a strong and healthy YOU!

The exercises in this guide are based on my personal Movement program and I know you will find them easy to follow. Your brand new resistance band pack is designed to be light and portable so all exercises can be done ANYWHERE. Workout on the go and take your bands everywhere in their convenient carry bag – even better, grab a friend and make your workouts fun!

This guide is suitable for ALL levels of fitness – no experience necessary. You will see that I have broken each movement down step-by-step, with logical descriptive instructions and images to help you understand each movement. The best part? YOU are in complete control of your workout! You simply choose the body part you want to move, the exercises, the band colour (based on the recommendations), how fast or slow you want to go, the order of exercises and the number of repetitions and sets!

Get creative and create your own unique workouts, based on the exercises in the guide, to suit your busy schedule. Uncovered a juicy exercise combo?

**Upload your workouts to Instagram and tag @lozantonenko in to be featured on my page.**



Watch Loz complete each sequence and follow along from home.

### EXERCISE VIDEO'S

[lozlife.com/exercisevideos](http://lozlife.com/exercisevideos)

### VIEW VIDEO'S



Happy training,

X 



# LOW-PLANK SINGLE LEG TAP-OUTS

Core • Shoulders • Legs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Setup in a low plank position on elbows, with feet hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you step one foot out to the side, keeping your abs engaged and your bottom down.
- On the inhale, step the foot back to a parallel position.
- On the next exhale, step the other foot out to the other side, keeping your abs engaged and your bottom down.
- On the inhale, step the foot back to a parallel position.
- Repeat for desired reps.

# LOW-PLANK LEG LIFTS

Core • Shoulders • Legs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Setup in a low plank position on elbows, with feet hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you lift one leg up into the air from the hip with a straight leg, keeping your abs engaged and your bottom down.
- On the inhale, lower the leg back to the floor.
- On the next exhale, lift the other leg up into the air from the hip with a straight leg, keeping your abs engaged and your bottom down.
- On the inhale, lower the leg back to the floor.
- Repeat for desired reps.

# STATIC BANDED HIGH-PLANK

Core • Arms



- Place the Pink (Moderate) or Black (Heavy) band around your arms, just above your wrists.
- Setup in a high plank position your hands beneath your shoulders, with feet and hands hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Keep breathing as you maintain tension on the band and hold the plank for desired period.

# BANDED BURPEES

Core • Shoulders • Legs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Setup in a high plank position your hands beneath your shoulders, with feet and hands hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as jump both legs closer to your hands so you are in a modified squat position.
- As you keep exhaling, jump up to a standing position, arms in the air.
- On the inhale, bring the hands back to the start, beneath your shoulders, palm to mat. Inhale.
- On the next exhale, jump your legs back out so you're in a high plank position, keeping your abs engaged and your bottom down.
- Repeat for desired reps.



# LOW-PLANK **PUSH UPS**

Core • Shoulders • Legs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Setup in a low plank position on elbows, with feet hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Inhale and tighten your abdominals as you take your torso to the floor.
- On the exhale, use your upper body strength to push you back to a low-plank position.
- Repeat for desired reps.

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# FRONT-LYING **HEEL CLICKS**

Butt • Back



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your front, taking your legs long and your elbows wide with palms face down, as you rest your forehead on top of your hands.
- Engage your bottom to keep it in-line with the rest of your body, keep your legs straight, and open your legs to hip-width apart to create tension on the band.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals as you flex your feet and turn your toes out to the sides.
- Exhale as you lift both legs up into the air from the hip with a straight leg, keeping your abs engaged and squeezing your bottom.
- Take an inhale and you bring your heels together with straight legs, being sure to keep your feet off the mat.
- As you exhale, take your heels back to hip width apart.
- Repeat for desired reps.

# FRONT-LYING **STRAIGHT LEG LIFTS** - BEGINNER

Butt • Back



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your front, taking your legs long and your elbows wide with palms face down, as you rest your forehead on top of your hands.
- Engage your bottom to keep it in-line with the rest of your bod, keep your legs straight, and open your legs to hip-width apart to create tension on the band.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals as you flex your feet and turn your toes out to the sides.
- Exhale as you lift both legs up into the air from the hip with a straight leg, keeping your abs engaged and squeezing your bottom.
- On the inhale, lower the legs back to the mat.
- Repeat for desired reps.

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# FRONT-LYING **BENT-KNEE PUMPS**

Butt • Back



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your front, taking your legs long and your elbows wide with palms face down, as you rest your forehead on top of your hands.
- Engage your bottom to keep it in-line with the rest of your body and open your legs to hip-width apart to create tension on the band.
- Bend your knees and take your heels together with flexed feet, toes facing away from each other.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you lift both legs up into the air from the hip keeping your knees apart and your abs engaged and squeeze your bottom.
- On the inhale, lower the legs back to the mat.
- Repeat for desired reps.

# FRONT-LYING **STRAIGHT LEG LIFTS** - **ADVANCED**

Butt • Back



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- Lie on your front, taking your legs long and your elbows wide with palms face down, as you rest your forehead on top of your hands.
- Engage your bottom to keep it in-line with the rest of your bod, keep your legs straight, and open your legs to hip-width apart to create tension on the band.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals as you flex your feet and turn your toes out to the sides.
- Exhale as you lift both legs up into the air from the hip with a straight leg, keeping your abs engaged and squeezing your bottom.
- On the inhale, lower the legs back to the mat.
- Repeat for desired reps.

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# KNEELING STRAIGHT-LEG **GLUTE KICK-BACK**

Butt • Shoulders • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Setup in an all-fours position with your hands beneath your shoulders, knees beneath your hips and feet with toes flexed to the ground.
- Take one knee in towards the other knee so it's closer to the mid-line of your body to help keep you stable. This leg will stay on the ground for the exercise.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you take the working leg out behind you in-line with your back body, straight knee, flexed foot.
- On the inhale, bring the knee back underneath your body, towards the elbow.
- Repeat for desired reps and change sides.

# KNEELING FIRE HYDRANTS

Butt • Shoulders • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Setup in an all-fours position with your hands beneath your shoulders, knees beneath your hips and feet with toes flexed to the ground.
- Take one knee in towards the other knee so it's closer to the mid-line of your body to help keep you stable. This leg will stay on the ground for the exercise.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you take the working leg out to the side, knee bent, flexed foot.
- On the inhale, bring the knee back underneath your body, towards the elbow.
- Repeat for desired reps and change sides.

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# MOUNTAIN CLIMBERS

Butt • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Setup in a high plank position your hands beneath your shoulders, with feet and hands hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you draw one knee towards the same elbow, keeping your abs engaged and your bottom down.
- On the inhale, take the leg back to the starting position so you're in a high plank.
- On the next exhale, draw the other knee towards the other elbow, keeping your abs engaged and your bottom down.
- On the inhale, take the leg back to the starting position so you're in a high plank again.
- Repeat for desired reps.



# KNEELING BENT-LEG **GLUTE KICK-BACK**

Butt • Shoulders • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Setup in an all-fours position with your hands beneath your shoulders, knees beneath your hips and feet with toes flexed to the ground.
- Take one knee in towards the other knee so it's closer to the mid-line of your body to help keep you stable. This leg will stay on the ground for the exercise.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you take the working leg out behind you, keeping the knee bent at a 90-degree angle, as you press your flexed foot towards the ceiling, letting your thigh come higher than the line of your body.
- On the inhale, keep the knee bent and lower the thigh towards the mat so it's in-line with your body.
- Repeat for desired reps and change sides.

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# KNEELING STRAIGHT-LEG **GLUTE SIDE-KICKS**

Butt • Shoulders • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Setup in an all-fours position with your hands beneath your shoulders, knees beneath your hips and feet with toes flexed to the ground.
- Take one knee in towards the other knee so it's closer to the mid-line of your body to help keep you stable. This leg will stay on the ground for the exercise.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you take the working leg out behind you in-line with your back body, straight knee, flexed foot and toes towards the mid-line of your body.
- Take an inhale.
- On the exhale, take the working leg out to the side, leading with the heel.
- As you inhale, take the working leg back to a hip width position, keeping the foot flexed.
- Repeat for desired reps and change sides.

# HIGH-PLANK LEG LIFTS

Butt • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Setup in a high plank position, place your hands beneath your shoulders, with feet and hands hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you lift one leg up into the air from the hip with a straight leg, keeping your abs engaged and your bottom down.
- On the inhale, lower the leg back to the floor.
- On the next exhale, lift the other leg up into the air from the hip with a straight leg, keeping your abs engaged and your bottom down.
- On the inhale, lower the leg back to the floor.
- Repeat for desired reps.

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# HIGH-PLANK JACKS

Core • Shoulders • Legs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Setup in a high plank position your hands beneath your shoulders, with feet and hands hip width apart.
- Engage your bottom to keep it in-line with the rest of your body.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you jump both your legs apart, keeping your abs engaged and your bottom down.
- On the inhale, jump your feet back to parallel.
- Repeat for desired reps.

# SIDE-LYING SINGLE LEG LIFTS

Legs • Waist



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Lift through your side-waist closest to the ground, like you're trying to create a tunnel between it and the mat.
- Inhale and tighten your abdominals.
- With both knees facing forwards, exhale as you lift one leg up into the air from the hip with a straight leg, keeping your abs engaged.
- On the inhale, lower the leg back to meet the other.
- On the next exhale, lift the other leg up into the air from the hip with a straight leg, keeping your abs engaged and your bottom down.
- On the inhale, lower the leg back to the floor.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps and change sides.

# SIDE-LYING DOUBLE LEG LIFTS

Core • Waist



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Press your side-waist closest to the ground, like you're trying to flatten your side to the mat.
- Inhale and tighten your abdominals, opening your legs to hip-width apart to create tension on the band.
- With both knees facing forwards, exhale as you lift both legs up into the air from the hip with a straight top waist.
- On the inhale, lower your legs back down towards the floor.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps.

# SIDE-LYING CLAMS

## Butt



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Bend your legs at your knees and hinge your hips back from the hips. Your knees should now be bent but hips stay stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Using your top hand, reach behind your bottom, find the back edge of the mat.
- Without moving your upper body, shimmy your butt to meet your hand on the back edge of the mat.
- Without moving your butt, move your feet to also meet the back edge of the mat.
- Take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Lift through your side-waist closest to the ground, like you're trying to create a tunnel between it and the mat.
- Inhale and tighten your abdominals.
- With both knees facing forwards, exhale as you squeeze your heels together and squeeze your butt, opening the knees, keeping your abs engaged so you don't roll your hips back.
- On the inhale, lower the knee back to meet the other.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps and change sides.

# SIDE-LYING HEEL-ELEVATED CLAMS

## Butt



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Bend your legs at your knees and hinge your hips back from the hips. Your knees should now be bent but hips stay stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Using your top hand, reach behind your bottom, find the back edge of the mat.
- Without moving your upper body, shimmy your butt to meet your hand on the back edge of the mat.
- Without moving your butt, move your feet to also meet the back edge of the mat.
- Take your top hand in front of you, between your chest and waist, palm to floor, draw your shoulders down and back and lift your feet off the mat.
- Lift through your side-waist closest to the ground, like you're trying to create a tunnel between it and the mat.
- Inhale and tighten your abdominals.
- With both knees facing forwards, exhale as you squeeze your heels together and squeeze your butt, opening the knees, keeping your abs engaged so you don't roll your hips back.
- On the inhale, lower the knee back to meet the other.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps and change sides.

# SIDE-LYING CLAMS WITH **LEG EXTENSION**

## Butt



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Bend your legs at your knees and hinge your hips back from the hips. Your knees should now be bent but hips stay stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Using your top hand, reach behind your bottom, find the back edge of the mat.
- Without moving your upper body, shimmy your butt to meet your hand on the back edge of the mat.
- Without moving your butt, move your feet to also meet the back edge of the mat.
- Take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Lift through your side-waist closest to the ground, like you're trying to create a tunnel between it and the mat.
- Inhale and tighten your abdominals.
- With both knees facing forwards, exhale as you squeeze your heels together and squeeze your butt, opening the knees, keeping your abs engaged so you don't roll your hips back.
- As you continue to exhale, straighten the leg, knee facing forwards and take the leg back in line with your body to feel the squeeze at the base of your butt, keeping abdominals engaged.
- On the inhale, bring the heels back together by bending the top knee and lower the knee back to meet the other.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps and change sides.

# SIDE-LYING **OPEN-TOE CLAMS**

## Butt



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Bend your legs at your knees and hinge your hips back from the hips. Your knees should now be bent but hips stay stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Using your top hand, reach behind your bottom, find the back edge of the mat.
- Without moving your upper body, shimmy your butt to meet your hand on the back edge of the mat.
- Without moving your butt, bend at the waist and bring your knees in front of your body so they're in line with your hips and take your shins forwards so they're parallel with the front edge of the mat. Your legs should now be at a 90-degree angle.
- Take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Lift through your side-waist closest to the ground, like you're trying to create a tunnel between it and the mat.
- Inhale and tighten your abdominals.
- With both knees facing forwards, exhale as you squeeze your butt, opening the knees and feet, keeping your abs engaged so you don't roll your hips back.
- On the inhale, bring the knees and heels back together by bending the top knee and lower the knee back to meet the other.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps and change sides.



# SIDE-LYING **DOUBLE LEG SCISSOR**

Core • Waist



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Press your side-waist closest to the ground, like you're trying to flatten your side to the mat.
- Inhale and tighten your abdominals, opening your legs to hip-width apart to create tension on the band.
- With both knees facing forwards, exhale as you lift both legs up into the air from the hip with a straight leg, keeping your abs engaged and squeezing your top waist.
- Take an inhale.
- On the exhale, scissor your legs from the hip, keeping your legs straight, so one is forward and the other is behind.
- With your legs apart in this position, inhale.
- On the exhale, scissor your legs from the hip, keeping your legs straight, so you swap the position of your legs.
- To make the exercise harder, take the top hand and reach it to the ceiling, palm facing forwards.
- Repeat for desired reps.
- At the end of your last rep, on the inhale, lower your legs back down towards the floor and rest.

# SIDE-LYING **KICK-OUTS**

Butt



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your side, making a long line down the length of your body from your wrist, to elbow, hip, knee, and foot, palm facing towards the floor and hips stacked.
- Bend your legs at your knees and hinge your hips back from the hips. Your knees should now be bent but hips stay stacked.
- Rest your head on your arm closest to the floor and tuck your chin to lengthen your neck.
- Using your top hand, reach behind your bottom, find the back edge of the mat.
- Without moving your upper body, shimmy your butt to meet your hand on the back edge of the mat.
- Without moving your butt, move your feet to also meet the back edge of the mat take your top hand in front of you, between your chest and waist, palm to floor, and draw your shoulders down and back.
- Lift through your side-waist closest to the ground, like you're trying to create a tunnel between it and the mat.
- Inhale and tighten your abdominals and take the top knee towards the floor, touching it down just in-front of your belly button with a flexed foot.
- With both knees facing forwards, exhale as you straighten the leg, kicking it out in-line with your body in a 45 degree angle towards to sky. Foot stays flexed, keeping your abs engaged so you don't roll your hips back.
- On the next inhale, touch the knee back down to the mat in-front of your belly button.
- Repeat for desired reps and change sides.

# SINGLE LEG BUTT LIFT

## Butt



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Take your arms down alongside your body, turn your palms up to face the sky and gently reach your fingers towards your toes.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale, tighten your abdominals and lift one leg, bending at the knee and hip so your shin is parallel to the ceiling.
- Exhale as you lift your bottom into the air, squeezing your butt, ensuring you keep your knees hip width apart.
- On the inhale, bring your bottom down towards the mat.
- On the next exhale, pulse your bottom back up, keeping your abs engaged.
- On the inhale, bring your bottom down towards the mat, but only half-way.
- Repeat for desired reps and change legs.

# ABDOMINAL LEG SCISSOR

## Abdominals



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your ankles.
- Lie on your back, keep your legs straight, thighs to the ceiling and open your legs to hip-width apart to create tension on the band.
- Take your hands behind your head, keeping the elbows wide so you are unable to see them in your peripheral vision.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals, using them to push your back flat into the mat to protect your spine.
- As you exhale, make the gap between the bottom of your ribcage and hip bones as small as possible by contracting the abdominals even deeper.
- Keep exhaling as you use your abdominals to curl your upper body off the mat, lifting your head and shoulder off just slightly.
- Maintaining this upper body curl, take an inhale.
- On the next exhale, lift both legs off the mat, keeping the knees straight and legs hip width apart.
- As you inhale, take one leg higher than the other and the other leg lower towards the mat, without touching and point both toes to squeeze the quadriceps.
- On the next exhale, take the top leg towards the mat and the bottom leg higher than the other leg, creating a scissor motion.
- Repeat for desired reps.

# FROG-PUMPS

Butt • Legs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Sit on the mat and place the soles of your feet together and open your knees wide.
- Lie back on the mat, keeping your feet together and knees open. You might want to slide your bottom towards or away from your feet to make yourself more comfortable.
- Take your arms down alongside your body, bend your elbows so your arms are at a 90-degree angle and turn your palms to face each other.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you drive your elbows into the mat and lift your bottom into the air, squeezing your butt.
- On the inhale, bring your bottom down towards the mat, but only half-way.
- On the next exhale, pulse your bottom back up, keeping your abs engaged.
- On the inhale, bring your bottom down towards the mat, but only half-way.
- Repeat for desired reps.

# KETTLE BELL BUTT LIFT

Butt



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Hold the kettle bell on your hips between your belly and pubic bone.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you lift your bottom into the air, squeezing your butt.
- On the inhale, bring your bottom down towards the mat.
- Repeat for desired reps.

# KETTLE BELL SINGLE-LEG BUTT LIFT

## Butt



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Hold the kettle bell on your hips between your belly and pubic bone.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale, tighten your abdominals and lift one leg, bending at the knee and hip so your shin is parallel to the ceiling.
- Exhale as you lift your bottom into the air, squeezing your butt.
- On the inhale, bring your bottom down towards the mat.
- Repeat for desired reps and change legs.

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# BUTT LIFT WITH LEG PULSES

## Butt



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Take your arms down alongside your body, turn your palms up to face the sky and gently reach your fingers towards your toes.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- Exhale as you lift your bottom into the air, squeezing your butt, ensuring you keep your knees hip width apart.
- On the inhale, bring your bottom down towards the mat.
- On the next exhale, pulse your bottom back up, keeping your abs engaged.
- On the inhale, bring your bottom down towards the mat, but only half-way.
- Repeat for desired reps.

# SINGLE-KNEE FALL-OUTS

Hip • Butt



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Take your arms down alongside your body, turn your palms down to face the mat and gently reach your fingers towards your toes.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals, letting one knee fall out to the side, without letting your hip drop.
- On the exhale, bring your knee back to where it started so it's parallel to the other knee and they're hip width apart.
- On the next inhale, tighten your abdominals, letting the other knee fall out to the side, without letting your hip drop.
- On the exhale, bring your knee back to where it started so it's parallel to the other knee and they're hip width apart.
- Repeat for desired reps.

# BENT-KNEE LEG LIFTS

Abs • Hip Flexors • Thighs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Take your arms down alongside your body, turn your palms down to face the mat and gently reach your fingers towards your toes.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals.
- As you keep inhaling, draw your thighbone into your hip socket as you lift one knee into a table-top position where you maintain a 90-degree angle between your hip, knee and ankle.
- On the exhale, bring your leg back down to the mat to where it started so it's parallel to the other knee and they're hip width apart.
- On the next inhale, draw your other thighbone into your hip socket as you lift one knee into a table-top position where you maintain a 90-degree angle between your hip, knee and ankle.
- On the exhale, bring your knee back to where it started so it's parallel to the other knee and they're hip width apart.
- Repeat for desired reps.



# STRAIGHT-KNEE LEG LIFTS WITH **EXTENSIONS**

Abs • Hip Flexors • Thighs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Take your arms down alongside your body, turn your palms down to face the mat and gently reach your fingers towards your toes.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale, tighten your abdominals and draw your thighbone into your hip socket as you lift one knee into a table-top position where you maintain a 90-degree angle between your hip, knee and ankle.
- On the exhale, extend the leg so you straighten the knee, allowing the thigh to drop down in line with the other thigh, pointing the toe to squeeze the quadriceps.
- As you inhale, bend the knee, bringing it back to a 90-degree table-top position.
- Exhale and bring your leg back down to the mat to where it started so it's parallel to the other knee and they're hip width apart.
- On the next Inhale, tighten your abdominals and draw your other thighbone into your hip socket as you lift one knee into a table-top position where you maintain a 90 degree angle between your hip, knee and ankle.
- On the exhale, extend the leg so you straighten the knee, allowing the thigh to drop down in line with the other thigh, pointing the toe to squeeze the quadriceps.
- As you inhale, bend the knee, bringing it back to a 90-degree table-top position.
- On the exhale, bring your leg back down to the mat to where it started so it's parallel to the other knee and they're hip width apart.
- Repeat for desired reps.

## TABLE-TOP **ABDOMINAL CURLS**

Abs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Inhale as you draw your thighbones into your hip sockets and lift your knees into a table-top position, hip width apart, where you maintain a 90-degree angle between your hips, knees and ankles.
- Take your hands behind your head, keeping the elbows wide so you are unable to see them in your peripheral vision.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals, using them to push you back flat into the mat to protect your spine.
- As you exhale, make the gap between the bottom of your ribcage and hip bones as small as possible by contracting the abdominals even deeper.
- Keep exhaling as you use your abdominals to curl your upper body off the mat, lifting your head and shoulder off just slightly.
- Inhale as you curl your head and shoulder back down to the mat, keeping your back flat against the mat.
- Repeat for desired reps.

# TABLE-TOP AB CURLS + LEG EXTENSIONS

Abs • Thighs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Inhale as you draw your thighbones into your hip sockets and lift your knees into a table-top position, hip width apart, where you maintain a 90-degree angle between your hips, knees and ankles.
- Take your hands behind your head, keeping the elbows wide so you are unable to see them in your peripheral vision.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals, using them to push you back flat into the mat to protect your spine.
- As you exhale, make the gap between the bottom of your ribcage and hip bones as small as possible by contracting the abdominals even deeper.
- Keep exhaling as you use your abdominals to curl your upper body off the mat, lifting your head and shoulder off just slightly.
- Maintaining this upper body curl, take an inhale.
- On the next exhale, extend one leg so you straighten the knee, allowing the leg to lengthen at a 45-degree angle to the ground, pointing the toe to squeeze the quadriceps.
- As you inhale, bend the knee, bringing it back to a 90-degree table-top position.
- On the next exhale, extend the other leg so you straighten the knee, allowing the leg to lengthen at a 45-degree angle to the ground, pointing the toe to squeeze the quadriceps.
- As you inhale, bend the knee.
- Inhale as you curl your head and shoulder back down to the mat, keeping your back flat against the mat.
- Repeat for desired reps.

# KETTLE BELL TABLE-TOP AB CURLS + LEG EXTENSIONS

Abs • Thighs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Hold the kettle bell on your abdomen between your belly and pubic bone.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale as you draw your thighbones into your hip sockets and lift your knees into a table-top position, hip width apart, where you maintain a 90-degree angle between your hips, knees and ankles.
- Inhale and tighten your abdominals, using them to push you back flat into the mat to protect your spine.
- As you exhale, make the gap between the bottom of your ribcage and hip bones as small as possible by contracting the abdominals even deeper.
- Keep exhaling as you use your abdominals to curl your upper body off the mat, lifting your head and shoulder off just slightly.
- Maintaining this upper body curl, take an inhale.
- On the next exhale, extend one leg so you straighten the knee, allowing the leg to lengthen at a 45-degree angle to the ground, pointing the toe to squeeze the quadriceps.
- As you inhale, bend the knee, bringing it back to a 90-degree table-top position.
- On the next exhale, extend the other leg so you straighten the knee, allowing the leg to lengthen at a 45-degree angle to the ground, pointing the toe to squeeze the quadriceps.
- As you inhale, bend the knee.
- Inhale as you curl your head and shoulder back down to the mat, keeping your back flat against the mat.
- Repeat for desired reps.

# OBLIQUE CURLS + LEG EXTENSIONS

Abs (Obliques) • Thighs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Inhale as you draw your thighbones into your hip sockets and lift your knees into a table-top position, hip width apart, where you maintain a 90-degree angle between your hips, knees and ankles.
- Take your hands behind your head, keeping the elbows wide so you are unable to see them in your peripheral vision.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals, using them to push you back flat into the mat to protect your spine.
- As you exhale, make the gap between the bottom of your ribcage and hip bones as small as possible by contracting the abdominals even deeper.
- Keep exhaling as you use your abdominals to curl your upper body off the mat, lifting your head and shoulder off just slightly.
- Maintaining this upper body curl, take an inhale.
- On the next exhale, extend one leg so you straighten the knee, allowing the leg to lengthen at a 45-degree angle to the ground, pointing the toe to squeeze the quadriceps and, at the same time, take the shoulder of the straight leg towards the opposite hip.
- As you inhale, bend the knee, bringing it back to a 90-degree table-top position and take your shoulder back towards the mat.
- On the next exhale, extend the other leg so you straighten the knee, allowing the leg to lengthen at a 45-degree angle to the ground, pointing the toe to squeeze the quadriceps and, at the same time, take the shoulder of the straight leg towards the opposite hip.
- As you inhale, bend the knee and take your shoulder back towards the mat.
- Inhale as you curl your head and shoulder back down to the mat, keeping your back flat against the mat.
- Repeat for desired reps.

## KETTLE BELL TABLE-TOP ABDOMINAL CURLS

Abs



- Place the Pink (Moderate) or Black (Heavy) band around your legs, just above your knees.
- Lie on your back, bend your knees, and position your feet about 30 cm away from your bottom, hip width apart.
- Hold the kettlebell tightly in both hands, straighten your arms and take it directly above your face.
- Draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale as you draw your thighbones into your hip sockets and lift your knees into a table-top position, hip width apart, where you maintain a 90-degree angle between your hips, knees and ankles.
- Inhale and tighten your abdominals, using them to push you back flat into the mat to protect your spine.
- As you exhale, make the gap between the bottom of your ribcage and hip bones as small as possible by contracting the abdominals even deeper.
- Keep exhaling as you use your abdominals to curl your upper body off the mat, lifting your head and shoulder off just slightly and keep the kettlebell above your face as you reach it towards the sky.
- Inhale as you curl your head and shoulder back down to the mat, keeping your back flat against the mat, keeping the kettlebell up in the air.
- Repeat for desired reps.

# SUMO SQUAT

Butt • Legs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- In a standing position, take your feet wider than hip width apart and turn your toes slightly out to the sides.
- Engage your bottom to keep it in-line with the rest of your body.
- Take your hand out wide at shoulder height, draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Inhale and tighten your abdominals as you take your bottom back behind you, squatting down as you tip from the hips, keeping your knees wide, moving them in the same direction as your toes.
- When your bottom is in line with your knees, exhale up slowly to a standing position by squeezing your bottom.
- Repeat for desired reps.

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# KETTLE BELL SUMO MONSTER WALK

Butt • Legs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- In a standing position, hold a kettle bell at chest height, draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Take your feet wider than hip width apart and turn your toes slightly out to the sides.
- Engage your bottom to keep it in-line with the rest of your body.
- Inhale and tighten your abdominals as you take your bottom back behind you by tipping from the hips keeping your knees wide, moving them in the same direction as your toes so your shins are vertical.
- As you exhale, step one foot forwards, keeping it wider than hip width apart and maintaining a semi-squat position.
- Take an inhale.
- On the next exhale, step the other foot forwards in front of the first foot, keeping it wider than hip width apart and maintaining a semi-squat position.
- Repeat for desired reps in a forward motion before repeating the reps as you step backwards, back to the starting position.

# KETTLE BELL **SUMO SQUAT**

Butt • Legs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- In a standing position, hold a kettle bell at chest height, draw your shoulders down and back and tuck your chin to create a long line down your back body.
- Take your feet wider than hip width apart and turn your toes slightly out to the sides.
- Engage your bottom to keep it in-line with the rest of your body.
- Inhale and tighten your abdominals as you take your bottom back behind you, squatting down as you tip from the hips, keeping your knees wide, moving them in the same direction as your toes.
- When your bottom is in line with your knees, exhale up slowly to a standing position by squeezing your bottom.
- Repeat for desired reps.

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# STANDING STRAIGHT-LEG **SIDE TAPS**

Balance • Butt • Legs • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- In a standing position, take your feet hip width apart and keep your toes facing towards the front.
- Take your hands to your hips as you engage your bottom to keep it in-line with the rest of your body.
- Inhale and tighten your abdominals as you take your bottom back slightly behind you by tipping from the hips, keeping your knees over your toes so your shins stay vertical.
- As you exhale, tap one foot out to the side, keeping it wider than hip width apart from the other leg and maintaining a slight tip at the hips so your shins remain vertical.
- Take an inhale as you tap it back so it's under your hip and your legs are in a hip width position.
- Repeat for desired reps and change sides.



# STANDING STRAIGHT-LEG REAR TAPS

Balance • Butt • Legs • Abs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- In a standing position, take your feet hip width apart and keep your toes facing towards the front.
- Take your hands to your hips as you engage your bottom to keep it in-line with the rest of your body.
- Inhale and tighten your abdominals as you take your bottom back slightly behind you by tipping from the hips, keeping your knees over your toes so your shins stay vertical.
- As you exhale, tap one foot straight back behind your, keeping it hip width apart from the other leg and maintaining a slight tip at the hips so your shins remain vertical.
- Take an inhale as you tap it back so it's under your hip and your legs are in a hip width position.
- Repeat for desired reps and change sides.

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## CRAB WALK

Butt • Legs



- Place the Pink (Moderate) or Grey (Light) band around your legs, just above your ankles.
- In a standing position, take your feet hip width apart and turn your toes slightly out to the sides.
- Take your hands to your hips as you engage your bottom to keep it in-line with the rest of your body.
- Inhale and tighten your abdominals as you take your bottom back slightly behind you by tipping from the hips, keeping your knees over your toes so your shins stay vertical.
- As you exhale, step one foot out to the side, keeping it wider than hip width apart and maintaining a slight tip at the hips so your shins remain vertical.
- Take an inhale as you step the other foot closer to the mid-line of your body, so your legs are in a hip width position.
- Repeat for desired reps in a forward motion before repeating the reps as you step to the other side, returning to the starting position.

# RESISTANCE BANDS

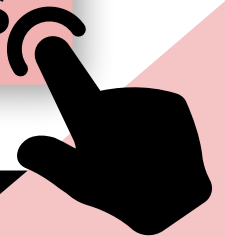


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