

THE 5 SECOND RULE!!!

LEG CIRCLES

BAND ROUND ANKLES, 1 LEG BIG CIRCLE 5 ONE WAY 5 THE OTHER

GLUTE KICK BACKS

BAND ROUND ANKLES, HOLD ON TO CHAIR FOR BALANCE, ONE FOOT IN FRONT OF THE OTHER, LIFT BACK LEG STRAIGHT UP BEHIND SLOWLY (5 SECS) THEN HOLD IT FOR 5 SECS THEN SLOWLY DOWN TAKING 5 SECS REPEAT 5 TIMES THEN THE SAME ON THE OTHER LEG



STRAIGHT LEG RAISES

BAND ROUND ANKLES

LATERAL LEG LIFT

AS ABOVE

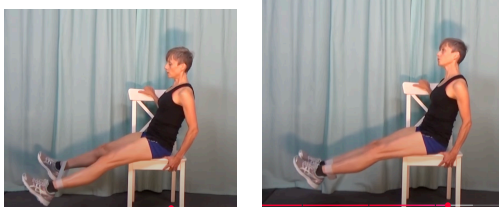


ONE SIDE STEP OUTS



SCISSORS

BAND ROUND ANKLES, BUM ON EDGE OF CHAIR, LEANING BACK, HOLD CHAIR, LIFT LEGS, OPEN THEN CLOSE



KNEE LIFTS

BOTH FEET ON BAND LIFT ONE KNEE HIGH (5 SECS) THEN PULSE FOR 5 5 TIMES ONE LEG, REPEAT ON THE OTHER LEG

BICEP CURL

BICEPS – ONE HAND HOLDS BAND AT THE HIP AND THEN CURL UP ACROSS THE BODY SQUEEZING THE BICEP. USING THE 5 SECOND RULE



TRICEP EXTENSIONS

TRICEPS – HOLD BAND WITH ONE HAND IN MIDDLE OF CHEST, TRICEP PUSH DOWN WITH THE OTHER HAND – USE THE 5 SECOND RULE

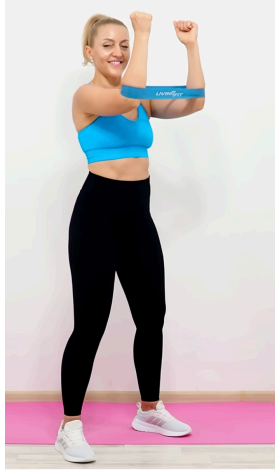


STRAIGHT ARM

BAND ROUND WRISTS, ARMS OUT STRAIGHT, 5 SECS OPENING ARMS THEN HOLD FOR 5 SECS THEN 5 SECS COMING BACK IN

CHEST PRESS

ENSURE BAND COMES ACROSS CHEST – USE THE 5 SECOND RULE



ARM RAISE

RAISE ARM FROM SHOULDER POSITION THEN BRING BACK DOWN TO SHOULDER USING THE 5 SECOND RULE

