

# UPPER BODY RESISTANCE BAND WORKOUT

**3 ROUNDS • 15 REPS • REST WHEN NEEDED**

## 1. BICEP CURLS



## 2. ROWS



## 3. SHOULDER PRESS



## 4. SIDE RAISES



## 5. FRONT PULL DOWNS



## 6. SEATED ROWS



# Upper Body Manual Resistance Exercises

**Judd E. Hollander**



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