

Resistance is Futile Workout



Equipment needed: Workout bands, towel, water

Workout by certified personal trainer Heather Brooke-Malone Wolf. Participate at your own risk.

Beginner Repeat 1 X's	Intermediate Repeat 2X	Advanced Repeat 3X
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Exercise	Reps
Squat and shoulder press	20
Standing bicep curls	As fast as you can for 60 sec
Push ups to mountain climbers	30 sec per exercise/3 rounds
Tricep extensions	20 / side
Hamstring curl	20 per side
Lateral raise to front raise	20 per side
Jumping jacks	30 sec
Seated rows	20