



## 15 Minute Workout: Combo Exercises

1. Wrap a band around a sturdy pole or object at chest height and step back to expand the band fully.
2. Step your right foot back and bend your knee to almost touch the floor (lunge).
3. As you lunge, pull your elbows back bringing the band to your chest (row).
4. Return to standing position and extend arms in front of your body.



Repeat for 10 to 15 repetitions.

1. Wrap a band around a sturdy pole, turn around to have the band behind you, tucked under your arms.
2. Step back with your left foot and perform a lunge. As you lunge, press arms forward until they are fully extended.
3. Return to standing position and bring arms back to your chest.



Repeat for 10 to 15 repetitions.

1. Stand on a resistance band with both hands grasping the ends. Place a stability ball against the wall and lean against it with your lower back.
2. Walk your feet forward slightly and hold your elbows at your sides, palms facing out.
3. Sink down into a squat while curling your hands toward your shoulders in a bicep curl.
4. Return to starting position with your arms at your sides.



Repeat for 10 to 15 repetitions.

1. Stand on a resistance band with both hands grasping the ends. Place a stability ball against the wall and lean against it with your lower back.
2. Sink into a squat while raising your arms to your sides until they are parallel to the floor. Hold for five seconds.

*Tip: Keep your elbows slightly bent.*

3. Return to starting position with your arms at your sides.

Repeat for 10 to 15 repetitions.



1. Stand on your right foot. With a weight in each hand, extend your arms so they are parallel to the floor.
2. Slowly bend at your hips as you bring your arms together, keeping them straight as you reach toward the floor.
3. As you bend forward, extend your left leg behind you to hip height. Hold for five seconds.
4. Return to starting position.



Repeat for 10 to 15 repetitions.