**WOW**

**Workout on Weights**

**Bench Press - 8 reps:** Lie on your back and secure the band under you, near your shoulder blades. Holding onto each end of the band, allow the band to stretch under your armpits. Press the band until your arms straighten. Return to starting position and repeat.

**Cross-over - 10 reps:** Secure band around a stationary post or use a partner behind you. Step back enough to begin tension. Stand facing away from post with arms raised to sides, palms forward. Keeping your arms straight, bring them across your chest.

**Rows - 10 reps:** Sit on the floor with legs extended straight and fix band around your feet. Pull back so tension begins with arms raised in front of you. Pull back maintaining a straight upper torso, keeping elbows in close to the body and draw your hands toward your chest. Feel like you are squeezing your elbows together behind your back.

**Back Flyes - 15 reps:** Fix band around a stationary post or use a partner in front of you. Stand back so tension begins with arms raised in front of you. Keeping your arms straight and feet planted, move your arms back so they are extended to your sides.

**Squats - 15 reps:** Stand on bands so tension begins with hands by shoulders and in a squatted position. Stand up; keeping hands by shoulders, performing as you would a barbell squat.

**Curls - 10 reps:** Stand on band with leg width appropriate so tension will start with arms straight down. Holding handles palms up, curl as you would dumbbells.

**Skull Crushers - 8 reps:** Set up the band as you did with bench press. Point your elbows forward and up, and perform skull-crushers as you would with a barbell.

**Triceps Extensions - 10 reps:** Stand on band with leg width set so tension begins at height of your hand with arms behind your back (over your head) and elbows flexed. Extend your arms as you would with Triceps extensions.

**Shoulder Press - 8 reps:** Stand on band so that tension starts with hands by your shoulders. Hold handles palms forward with bottom part of handle on backside of your hand. Press upward as you would a dumbbell press.

**Lateral Raises - 8 reps:** Stand on band so tension begins with arms at sides. Keeping your arms straight, raise you arms out to your sides so they are parallel with the floor.

**Upright Rows - 10 reps:** Stand on band so tension begins with arms at sides. Pull upwards as you would with a barbell upright row.

**Good-Mornings - 8 reps:** Stand on band so tension starts with hands clasped behind neck. Keeping legs straight or slightly bent, stand up straight, raising back as in a normal good-morning.

**Calf Raises - 10 reps:** Stand on band so tension begins with hands by shoulders and standing straight up. (Make sure you are standing on the band with your toes). Keeping hands by your shoulder, stand up on your toes as you would with a barbell calf raise.

**Crunches - 20 reps**

- **Long Arm Crunch:** Lie on back with arms straight out behind the head, keeping the arms next to the ears. Contract the abs and lift the shoulder blades.

- **Crunch with Heel Push:** Lie on back with knees bent. Flex feet and keep them flexed as you contract your abs, lifting shoulder blades off the ground. At the top of the crunch, press your heels into the floor while pressing your back against the map and slighting raising your glutes off the floor.

- **V-Up:** Lie faceup on a mat, with your legs extended and arms overhead. Raise both legs toward the ceiling; at the same time, lift your shoulders and upper back from the mat and reach your arms toward your shins. Return to start.

http://www.bodybuilding.com