WOW
Workout on Weights

1. **Curtsy Lunge and Sword Draw with Bands**: Hold one end of the band in your right hand, the other under your right foot. Cross your leg behind you and drop into a curtsy lunge. Lift your right elbow diagonally, fist in front of your shoulder. Without moving your upper arm, raise your fist. Pause, then slowly lower to start.

2. **Seated row with Bands**: Sit on the floor with your legs straight and loop the resistance band securely around your feet, holding an end in each hand, arms extended in front of you. Keep your back straight and shoulders square. Tuck your elbows close to your sides as you pull the band to each side of your torso, squeezing your shoulder blades together. Pause, then slowly return to start.

3. **Push up with Bands**: Start in pushup position, with legs extended straight behind you and hands shoulder width apart. Shift weight to be over the hands. Position the band across your shoulder blades with tight resistance, each end tucked under a hand. Lower your body until your chest nearly touches the floor then push back to start.

4. **Frog Push with Bands**: Lie faceup, bend your hips and knees 90 degrees, and loop the band around your feet, crossing the band to create an X. Hold an end in each hand just above your shoulders or hips. From this position, brace your core and slowly extend your legs into the air straight in front of you. Pause and return to start.

5. **Chest Press with Bands**:

6. **Triceps Kickback with Bands**: Standing with your feet shoulder-width apart, position the middle of a medium to heavy resistance band on your back just under your shoulder blades. Hold a handle in each hand, wrapping the band lightly around your wrists to shorten it if needed. Bend your arms so your forearms are parallel with the ground, palms facing the floor. Extend your arms, pressing the handles straight in front of your body, until your arms are straight but unlocked. Slowly reverse to the starting position and repeat.

7. **Lat Pulldown with Bands**: Stand holding a heavy resistance band with your hands shoulder-width apart, extended above your head as shown. Keeping your left arm still, bend your right arm and pull your elbow down toward your side until it is at shoulder blade level or lower. Pause, then slowly extend your arm to return to the starting position. Finish your set, then repeat using your left arm.

8. **Biceps Curl/Arnold Press/Triceps Extension with Bands**:

9. **Lateral Raise**:

10. **Squat with Band Arc**: Feet shoulder width apart. Hands in front of you with palms forward. Bend knees and hips and squat. Raise arms up in circular motion until hands are above head. Slowly return hands to start position.

11. **Lunge/Bent over Row**: Position the middle of the band under your right foot. Step back into a lunge. Lean over the front leg and position hands on the band close to the foot (or appropriate resistance). Keeping elbows close to the body, raise your hands to your torso and repeat. Stay in lunge and perform row exercises.

**ABS**:

1. **Bicycle Russian Twist**:

2. **Oblique Crunch**: