Resistance Band Exercise Chart

Baskin Logic Fitness · Included with purchase · 12 moves

Start with 1–2 light tubes. Anchor the door strap on the hinge side of a closed door. Check bands for tears before every session. Move slowly: 2 seconds up, 3 seconds down.

#	Move	Works	How	Start
1	**Standing row**	Back	Anchor at chest height. Pull handles to ribs.	2×10
2	**Chest press**	Chest	Anchor behind you. Press forward.	2×10
3	**Biceps curl**	Arms	Stand on band, curl up.	2×10
4	**Band squat**	Legs	Stand on band, sit back and stand.	2×10
5	**Overhead press**	Shoulders	Stand on band, press overhead.	2×10
6	**Triceps extension**	Arms	Anchor high, push hands down.	2×10
7	**Band deadlift**	Hips, legs	Hinge at hips, flat back, stand tall.	2×10
8	**Lateral raise**	Shoulders	Raise arms to shoulder height.	2×10
9	**Reverse fly**	Upper back	Pull band apart at chest height.	2×10
10	**Split squat**	Legs	Front foot on band, lower back knee.	2×10
11	**Woodchop**	Core	Anchor high, pull diagonally down.	2×10
12	**Glute kickback**	Glutes	Ankle strap on, kick leg back slowly.	2×10

Simple week: Day 1 moves 1–4 · Day 2 5–8 · Day 3 walk + stretch · Day 4 9–12 · Day 5 1–4 · Day 6 5–8 · Day 7 rest.

Scan for free step-by-step lessons: baskinlogicfitness.com/bands/

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