



Full Body Fitness with Mini Loop Bands

A Compact and Versatile Exercise Routine for All Fitness Levels

Mini Loop Band Full Body Workout

Mini loop bands are versatile, portable, and effective tools for a quick and efficient workout. Below is a 10-15 minute full-body workout routine that targets major muscle groups using a mini loop band.

Warm-Up (2 Minutes)

Before starting the workout, it's important to get your body ready with a brief warm-up to prevent injury.

1. **Arm Circles:** Stand with feet shoulder-width apart. Extend your arms out to the sides and make small circles. Do this for 30 seconds, then reverse the direction for another 30 seconds.
2. **Hip Circles:** Place your hands on your hips and rotate your hips in a circular motion. Do this for 30 seconds in one direction and switch to the other direction for another 30 seconds.

Workout Routine

Perform each exercise for 45 seconds, followed by a 15-second rest. If a move is done on one side, do 45 seconds per side. Repeat the circuit if time allows for an added challenge.

1. Squat with Band

- Place the band just above your knees and step your feet slightly wider than hip-width so there's a bit of tension on the band.
- Soften your knees and sit back into a squat, as though you are going to sit down in a chair.
- Keep your chest lifted, back neutral, core tight and gently press your knees out against the band as you lower to keep the resistance.
- Pause briefly at the bottom, then stand back up, pushing through your feet, maintaining tension on the band

2. Lateral Band Walk

- Place the band just above your knees and stand with feet hip-width apart.
- Drop into a slight squat and stay there, core tight.

- Step one leg out to the side, then bring the other in so you're back to hip-width. Try to lead with the knee, pressing out on the band as you move.
- Keep the tension in the band as you move, and stay low.
- Repeat in for three steps in one direction, then go back the other way.

3. **Deadlift with row**

- Stand with the band under your right foot and hold the other end in the left hand. Soft bend in your right knee.
- Step the left foot slightly back, toes in line with the heel of the right foot, into a light "kickstand" position. 80% of the weight should be on your right foot, with just the toes of the left foot on the ground.
- Hinge at your hips, sending them back as your torso tips forward, keeping your back neutral. imagine closing a drawer with your bum!
- When you get to your lowest point (before your back starts to round), add a row by pulling your left elbow back. Your left hand should come to your left hip.
- Lower your arm and stand up, squeezing the glutes at the top.

4. **Tricep extension**

- Slide both hands into the band so it is looping and the palm with the thumb outside.
- Anchor your left hand near your right shoulder by placing the palm flat on your chest.
- Keep your right elbow tucked into your side at about 90 degrees.
- Press your hand down towards your hip, keeping everything else still.
- Return with control, do not let the band 'ping' you back.

5. **Standing Overhead Fly**

- Place the band around your wrists and bring your arms directly overhead with your hands shoulder width apart and tension on the band.
- Gently press your hands apart so your arms open into a "Y".
- Bring them back together with control, making sure the band does not go slack in the middle.

6. **Glute Bridge with Band**

- Lie flat on your back, palms facing down. Bend knees so feet are flat on the ground slightly wider than hip width apart, with the band just above your knees.
- Keeping the core tight, squeeze the glutes to lift the hips up, gently pressing out on the band the whole time. Do not allow the back to arch or the shoulders to lift, you are aiming for a flat back
- Control your hips back to the starting position and repeat, without resting the bum on the ground, try to keep the motion smooth and continuous.

Cool Down (2 Minutes)

Finish your workout with a gentle cool-down to relax your muscles.

1. **Standing Forward Bend:** Stand with feet together and slowly bend forward at the hips, reaching towards the ground. Hold for 1 minute.
2. **Child's Pose:** Kneel on the floor, sit back on your heels, and extend your arms forward on the floor. Hold for 1 minute.

Note: Adjust the resistance of the band as needed to suit your fitness level, and always listen to your body to avoid overexertion. Enjoy your workout!