

## 2020 Reset: Workout #7

### Another Full-Body Strength Workout with Bands

The usual warm up, PLUS:

- Standing Brady Band series for your rotator cuff - 6 in each position, complete 1-2x
- T-spine rotation 8-10/side
- Bear Crawl rebounds - 3-4steps forward and back, 3x  
(alternatives: 10 bird dogs (5 on each side) or a hover and hold)
- Squat to stand 5x

### Strength workout: 4 sets of paired exercises, complete each group 2-3x

You can increase/decrease reps, use dumbbells instead of bands (or both!)

1. Pushups 6x  
Seated row with band 8x
2. Split Squat 6x  
Plank 30s
3. 1-arm Overhead Press 8x  
Band Lat Pulldown 10x
4. Hip Bridges - 2 variations shown in video 8x  
Reverse Crunches 8x  
Windshield wipers 6x

Cooldown and stretch

AND ALWAYS:

**ADJUST** the exercises to match your fitness level and ability

**ADJUST** the sets/reps/duration to match the amount of time and energy you have. Your form is more important than anything else

**Remember: One set of anything is better than no set at all!**