

full body resistance band workout reddit

The Ultimate Guide to Full Body Resistance Band Workouts on Reddit

full body resistance band workout reddit communities are a treasure trove of information, inspiration, and practical advice for anyone looking to harness the power of resistance bands for a comprehensive fitness regimen. These online forums offer a dynamic space where users share their experiences, create custom workout routines, and discuss the benefits and techniques associated with using resistance bands for full-body training. Whether you're a beginner seeking guidance or an experienced fitness enthusiast looking to diversify your routine, understanding how to effectively implement a full-body resistance band workout, as often discussed on Reddit, can lead to significant strength gains, improved flexibility, and enhanced cardiovascular health. This article delves deep into the world of Reddit-fueled resistance band training, exploring effective exercises, program design, and the advantages of this versatile equipment.

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Understanding the Appeal of Resistance Bands on Reddit

The widespread popularity of resistance bands on platforms like Reddit stems from their inherent versatility and accessibility. Unlike bulky gym equipment, resistance bands are portable, affordable, and adaptable to a vast array of exercises that target every major muscle group. Reddit users frequently highlight these practical advantages, making them an ideal choice for home workouts or for those with limited space and budget. The shared experiences and detailed reviews found on these forums provide a valuable resource for individuals looking to make informed decisions about purchasing and utilizing resistance bands effectively.

Furthermore, the community aspect of Reddit fosters a sense of accountability and motivation. Members often share their progress, offer encouragement, and provide constructive feedback on workout plans. This collaborative environment is particularly beneficial for those who might find traditional gym settings intimidating or inaccessible. The collective knowledge base within these communities allows for the rapid dissemination of effective training strategies and troubleshooting common issues encountered during resistance band training.

Crafting Your Full Body Resistance Band Workout

Designing an effective full-body resistance band workout involves understanding how to systematically engage all major muscle groups within a single session. This approach promotes

balanced development, improves muscular endurance, and can be highly efficient for time-constrained individuals. The principles of exercise selection, proper form, and progressive overload are crucial, and Reddit communities offer numerous examples and templates for structuring such workouts.

A well-rounded full-body routine should aim to include exercises that address pushing movements, pulling movements, lower body compound lifts, and core work. The key is to select exercises that utilize the unique resistance provided by the bands to challenge the muscles through their full range of motion. Many Reddit discussions revolve around creating split routines versus full-body days, with a strong contingent advocating for the efficiency and hormonal benefits of full-body training, especially when using resistance bands.

Key Full Body Resistance Band Exercises

Several foundational exercises are consistently recommended on Reddit for a comprehensive full-body resistance band workout. These movements can be modified based on the band's resistance level and the user's strength. Focusing on compound movements ensures maximum muscle activation and caloric expenditure.

- **Lower Body:** Banded Squats (various stances), Banded Glute Bridges, Banded Deadlifts, Banded Romanian Deadlifts, Banded Lunges (forward, reverse, lateral), Banded Calf Raises.
- **Upper Body Push:** Banded Chest Press (anchored at different heights), Banded Overhead Press, Banded Push-Ups (with band around back), Banded Triceps Extensions.
- **Upper Body Pull:** Banded Rows (seated, standing, single-arm), Banded Pull-Aparts, Banded Bicep Curls, Banded Face Pulls.
- **Core:** Banded Crunches, Banded Wood Chops, Banded Pallof Presses, Banded Leg Raises.

The efficacy of these exercises is amplified when performed with proper form, a concept frequently emphasized by experienced users on Reddit. Ensuring a controlled tempo, maintaining tension on the band throughout the movement, and focusing on the mind-muscle connection are vital for maximizing results and preventing injury.

Progressive Overload and Resistance Band Workouts

A fundamental principle of strength training, progressive overload, is equally important when working with resistance bands. Reddit users often discuss creative ways to implement this principle, as bands offer unique challenges compared to free weights. The goal is to continually increase the demand placed on the muscles to stimulate growth and adaptation.

Methods for achieving progressive overload with resistance bands include:

1. **Increasing Resistance:** Using thicker bands or looping the band to shorten the resistance length.

2. **Increasing Repetitions:** Performing more repetitions with the same band.
3. **Increasing Sets:** Adding more sets to an exercise.
4. **Decreasing Rest Times:** Shortening the rest periods between sets to increase intensity.
5. **Improving Time Under Tension:** Slowing down the eccentric (lowering) phase of the movement.
6. **Increasing Range of Motion:** Modifying exercises to allow for a greater stretch and contraction.

The iterative nature of discussing and refining these methods on Reddit ensures that users can continuously challenge themselves and avoid plateaus in their training.

Common Reddit Recommendations for Full Body Resistance Band Training

Across various fitness subreddits, certain approaches to full-body resistance band workouts emerge repeatedly. These recommendations often focus on practicality, effectiveness, and sustainability for long-term fitness goals. Users tend to favor routines that are efficient and can be performed with minimal equipment, perfectly aligning with the advantages of resistance bands.

One prevalent recommendation is to structure workouts in a circuit format. This involves performing a series of exercises back-to-back with minimal rest in between, followed by a longer rest period at the end of the circuit. This approach not only targets multiple muscle groups in a single session but also provides a cardiovascular challenge, effectively combining strength and conditioning. Many users share their favorite circuit configurations, allowing newcomers to easily find a proven structure to follow.

Sample Full Body Resistance Band Workout Routines from Reddit

While specific routines vary, common structures found on Reddit often involve selecting 6-8 exercises that cover the entire body. These are typically performed for 3-4 sets of 10-15 repetitions, with rest periods adjusted based on intensity and fitness level.

- **Workout A:** Banded Squats, Banded Chest Press, Banded Rows, Banded Overhead Press, Banded Romanian Deadlifts, Banded Bicep Curls, Banded Crunches.
- **Workout B:** Banded Deadlifts, Banded Push-Ups, Banded Pull-Aparts, Banded Lunges, Banded Triceps Extensions, Banded Wood Chops, Banded Face Pulls.

The suggestion is often to alternate between these or similar workouts, allowing for adequate recovery between training days. The flexibility to swap exercises based on equipment availability or personal preference is a key benefit discussed.

Integrating Resistance Bands into Your Existing Routine

For those already engaged in a fitness regimen, resistance bands can be a powerful supplementary tool. Reddit communities offer numerous ideas on how to effectively integrate bands without disrupting current progress. This can involve adding bands for warm-ups, activation exercises, or even as a finishing element to enhance muscle fatigue.

One popular method is to use resistance bands for dynamic warm-ups before weightlifting sessions. Exercises like banded glute activation and banded shoulder prehab can significantly improve performance and reduce the risk of injury. Additionally, incorporating banded supersets or drop sets after traditional weight training can provide an extra stimulus for muscle growth and endurance, a strategy frequently shared by experienced lifters.

Using Resistance Bands for Warm-Ups and Activation

Proper activation exercises ensure that target muscles are ready for the primary workout. Resistance bands are excellent for this purpose due to the controlled tension they provide, allowing for precise movement and muscle engagement.

- **Glute Activation:** Banded Glute Bridges, Banded Lateral Walks, Banded Clamshells.
- **Shoulder and Upper Back Activation:** Banded Pull-Aparts, Banded Face Pulls, Banded External Rotations.
- **Hip Flexor Activation:** Banded Hip Flexion.

These exercises, when performed for 1-2 sets of 15-20 repetitions, can significantly enhance the effectiveness of subsequent strength training exercises by improving neuromuscular communication and muscle recruitment.

Adding Resistance Bands for Intensity and Finisher Work

To push past plateaus or add a different training stimulus, resistance bands can be used to increase the difficulty of bodyweight exercises or to perform dedicated finisher routines. This is often discussed as a way to achieve a profound muscle pump and metabolic stress.

Examples include performing push-ups with a band looped around the back for added chest resistance, or adding banded resistance to jump squats for explosive power development. For finishers, circuits of high-rep band exercises like banded mountain climbers or banded planks can elevate heart rate and promote significant muscular fatigue in a short period.

Benefits of a Full Body Resistance Band Workout

The advantages of incorporating a full-body resistance band workout, as frequently highlighted on Reddit, are numerous and impact various aspects of physical fitness. These benefits extend beyond

simple muscle building, encompassing improvements in functional strength, flexibility, and overall health.

One of the most significant benefits is the development of balanced muscular strength. By engaging all major muscle groups in a consistent manner, users can prevent imbalances that might arise from neglecting certain areas. This holistic approach to training promotes better posture and reduces the likelihood of injuries. The continuous tension provided by resistance bands also challenges stabilizing muscles more than static weights often do, leading to improved proprioception and core stability.

Furthermore, resistance bands are exceptionally effective for rehabilitation and injury prevention. Their low-impact nature makes them suitable for individuals recovering from injuries or those who experience joint pain with traditional exercises. The ability to control the resistance precisely allows for gradual increases in load, promoting safe and effective recovery. Many users on Reddit share personal stories of using bands to overcome injuries and regain full function.

The portability and affordability of resistance bands make them an ideal solution for maintaining a consistent training schedule, regardless of location or access to a gym. This accessibility is a recurring theme in discussions, empowering individuals to prioritize their fitness without significant financial or logistical barriers. Ultimately, the full-body resistance band workout offers a comprehensive, adaptable, and highly effective path to achieving a wide range of fitness goals.

Frequently Asked Questions about Full Body Resistance Band Workout Reddit

Q: What are the best resistance bands recommended by the Reddit fitness community for a full body workout?

A: The Reddit fitness community often recommends high-quality, looped resistance bands, typically in sets that offer a range of resistance levels. Brands like Rogue Fitness, GORUCK, and varying generic sets found on Amazon are frequently mentioned, with users prioritizing durability and consistent resistance. Many suggest starting with a set of 3-5 bands and adding more as strength increases.

Q: How often should I perform a full body resistance band workout based on Reddit advice?

A: Based on Reddit discussions, a full-body resistance band workout can be performed 2-4 times per week. The exact frequency depends on individual recovery capacity, the intensity of the workouts, and whether other training modalities are being incorporated. Adequate rest days are crucial for muscle repair and growth.

Q: What are some common mistakes to avoid when doing a full body resistance band workout, according to Reddit users?

A: Common mistakes highlighted on Reddit include using bands that are too light, neglecting proper form for fear of injury, not implementing progressive overload, and not engaging the mind-muscle connection. Overstretching bands to the point of potential snapping or inadequate tension is also a concern.

Q: Can I build significant muscle mass with a full body resistance band workout, as discussed on Reddit?

A: Yes, it is possible to build significant muscle mass with a full body resistance band workout, especially when progressive overload is consistently applied. While traditional weightlifting might offer certain advantages for hypertrophy, resistance bands can effectively stimulate muscle growth through high-rep ranges, increased time under tension, and constant tension. Many Reddit users share their success stories in this regard.

Q: What are the best exercises for a full body resistance band workout for beginners, as found on Reddit?

A: For beginners, Reddit communities often suggest foundational exercises like Banded Squats, Banded Glute Bridges, Banded Rows, Banded Chest Presses (anchored at a lower height), and Banded Face Pulls. These movements are relatively easy to learn, target major muscle groups, and allow for controlled resistance.

Q: How can I adjust the difficulty of a full body resistance band workout if I only have one band?

A: If you have only one band, you can adjust difficulty by changing the number of repetitions, increasing the number of sets, decreasing rest times, slowing down the tempo of each repetition (increasing time under tension), or by altering the band's length by doubling it over or anchoring it differently.

Q: Are resistance bands effective for improving cardiovascular health as part of a full body workout, according to Reddit?

A: Yes, resistance bands can effectively improve cardiovascular health. Performing full body workouts in a circuit style with minimal rest, or incorporating explosive movements like banded jump squats, can significantly elevate heart rate and provide a robust cardiovascular stimulus, often discussed as a key benefit on Reddit for time-efficient training.

Q: What are the main differences between a full body resistance band workout and a full body dumbbell workout, as debated on Reddit?

A: The primary difference highlighted on Reddit is the nature of the resistance. Dumbbells provide consistent resistance at the strongest point of the lift, while resistance bands provide ascending resistance, meaning they get harder to stretch as you move through the range of motion. This constant tension and engagement of stabilizing muscles are often cited as key advantages of bands.

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full body resistance band workout reddit: Adnutrix Resistance Bands Workout Guide Adnutrix Creation, 2021-02-07 Do you have a new resistance band and can't seem to get a hang of it? And are looking for exercises/workouts to do with it at home to lose weight and tone every part of your body without feeling like you are trying too hard or spending too much time at the gym? If you've answered YES, Let This Book Hold You By The Hand As You Leverage The Power Of Adnutrix Resistance Bands Or Any Other Resistance Band To Target Different Parts Of Your Body To Achieve That Well-Toned Look and track your daily workout! More and more people are realizing that you don't really need to spend hours at the gym or spend too much money on expensive gym memberships, when they could leverage their body weight coupled with resistance bands to bring about the same effects that a gym would bring! If you've recently purchased or are considering purchasing resistance bands to achieve different fitness and weight loss goals, it makes sense that you are looking for a guide that will hold you by the hand throughout the process, show you how to set up your resistance band for different exercises and exactly the exercises to perform. Perhaps you are here looking for answers to all the questions in your mind... Where do you begin now that you have a resistance band? How do you use items around your home to set up your resistance band to target different body parts? What exercises can you do? How do you make your workouts effective to get the most out of your workouts? If you have these and other related questions, this book is for

you, as it will address all these and more. More precisely, you will learn: How to warm up well before every session A collection of quick start movements and full body workout to help you build muscles and blast fat until you get your desired body. Each exercise is specifically customized for a certain group of muscles Clear, step by step instructions on how to perform each of the exercises Clear pictures to illustrate how to perform each exercise Some training points to help you with your workout routine An easy to use tracker that you can use to keep a log of what you've done and achieved in every session And much more Even if you've never used a resistance band before, this book will be all you need for all your resistance band workout needs.

full body resistance band workout reddit: Resistance Band Exercises Teri Wheeler, 2022-09-19 Discover How to Enhance Your Muscles, Lose Weight and Stay Fit the RIGHT WAY! Do you wish to build your muscle mass and increase your strength? Do you wish to burn fat by following a workout plan without leaving your comfort zone? Are you willing to flip the page on your health to maintain overall body fitness? If your answer is yes, then this book is all you need! Resistance bands have grown in popularity recently as a way to generate resistance to gain strength. This implies you can enjoy the effects of increased strength without having to devote hours lifting weights in the gym. Resistance bands provide ease of usage at home or on the go and are portable and affordable, all of which are partly responsible for why they are very popular in the health and fitness space. Anyone can use resistance bands irrespective of their fitness levels since different bands offer different resistance levels (light, medium, or heavy), thereby engaging your muscles at different degrees of intensity. Athletes and the average person can build strength with resistance bands, which is comparable to working out with dumbbells or weight machines. Even more so than weightlifting, resistance band exercises can enhance the stabilizing muscles. This muscle group is crucial because it protects us from injury and assists our major muscles and joints when in motion. Also, resistance bands are widely used for rehabilitative purposes since bolstering the body's major muscles can enhance movement and stability. While resistance bands are mostly adopted by younger adults, senior citizens, on the other hand, can also take advantage of the benefits derived from using them at home, especially when they cannot easily access a gym. Resistance band exercises are not only risk-free for senior citizens, but they can also lower fragility. At all levels, balance, flexibility, and body composition (reduced body fat and increased muscle) can all be improved with resistance bands; all of which are discussed in the pages of this book Below are some of the highlights discussed in this book; 1. Types of resistance bands and their benefits 2. Resistance band colors and the levels of resistance they provide 3. General safety precautions for resistance band exercises 4. Warm-ups exercises for resistance bands 5. Workout routine you can adopt when exercising 6. Workout programming sets and reps for each resistance band exercise 7. Muscle building, weight loss, and body fitness exercises with pictorial illustrations for each muscle group, such as the legs, glutes, shoulders, chest, back, arms, core, etc. ...and so much more! Building muscle, losing weight, and staying fit have been made easy with this resistance band exercise guide. So, what more are you waiting for? Embark on your fitness journey today by getting a copy of this book RIGHT NOW

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you get the most out of your resistance bands: 1. What Are Resistance Bands and How Do They Work? - Learn about different types of resistance bands and their uses. 2. Choosing the Right Bands - Tips on picking the best resistance bands for your workouts. 3. Taking Care of Your Bands - How to properly maintain and store your resistance bands. 4. Safety Tips - Important advice for using resistance bands safely and effectively. 5. Dynamic Warm-Up Techniques - How to use resistance bands to warm up your muscles. Exercises with Resistance Bands - Legs: Strengthen your legs with these band exercises. - Ankle and Foot: Improve ankle and foot strength. - Shoulder Pain: Exercises to relieve shoulder pain. - For Women: Specially designed exercises for women. - Balance and Coordination: Use bands to boost balance and coordination. Boost Your Fitness Resistance bands can revolutionize your workouts. They help improve agility, strength, and overall performance. There are many ways to incorporate these bands into your routine to achieve your fitness goals. By following this guide, you can maximize your workouts and see great results with resistance bands!

full body resistance band workout reddit: *Resistance Band Blitz* Chris Wilson, RKC, CPT, CSN, 2021-11-10 Resistance bands aren't just a replacement when you can't get to a gym or you're on the road. Used by elite and professional athletes, resistance bands are some of the best strength tools for athletes and people looking to pack on muscle. What makes resistance bands so effective is being able to allow the body to move in all planes of motion against resistance - necessary when you need to target a muscle. There are no limitations on what you can do. Resistance Band Blitz is full body 30-Day program during which you'll perform 40 (yes forty) band exercises intensely working the entire body in every workout.

full body resistance band workout reddit: Single Band Workout Kevin B DiBacco, 2024-11-05 Single Band Workout: A Workout Plan for Teens, Adults & Seniors is an all-encompassing fitness guide that revolutionizes the way people approach exercise. This book demonstrates how a single resistance band can be used to achieve a complete, full-body workout, making fitness accessible and convenient for individuals of all ages and fitness levels. The guide begins by explaining the benefits of resistance band training and its advantages over traditional weight-based exercises. It then delves into a comprehensive set of exercises targeting all major muscle groups, including legs, back, chest, shoulders, arms, and core. Each exercise is carefully described with attention to proper form and technique. Beyond just physical exercises, the book addresses the crucial aspects of mental health in fitness, incorporating mindfulness and stress-relief techniques. It also provides strategies for progressing workouts, setting goals, and staying motivated throughout the fitness journey. What sets this book apart is its inclusivity. Whether you're a teenager looking to build strength, an adult aiming to stay fit, or a senior focused on maintaining mobility, Single Band Workout offers tailored advice and modifications to suit every reader's needs. With its practical approach and inspiring content, this book serves as a complete guide to achieving and maintaining physical fitness using minimal equipment, making it an invaluable resource for anyone looking to improve their health and wellbeing.

full body resistance band workout reddit: 30 Best Resistance Band Exercises Alice Paul, 2021-03-23 FEATURES: Easy to follow instructions and step-to-step approach to create and follow the fitness routine. Do-It-Yourself (DIY). The processes are clear and simple to understand. No complications of process and information. Beginners friendly. Diagram illustrations. DESCRIPTION: The 30 Best Resistance Band Exercises Book is intended for everyone who wants or wishes to stay active in their exercises mostly at home to get fit, build muscle tones as well as body stretching without having to buy expensive equipment. With just Resistance Band you can get all what you want starting from fitness, strength training, stretching and body rehabilitation to your desire body fitness you wish to have. If you are new to resistance band workouts or you have an interest in full-body resistance band workouts at the comfort of your home and you want to achieve the kind of perfect body fitness you want. It is essential that you need to understand the kind or method of resistance band exercise you are doing. In this book, we will discuss various resistance band workouts that you can indulge in for the perfect body fitness you want. A lot of people have been using the resistance band wrongly and imperfectly, this may be due to an inappropriate

understanding of how resistance band works. This book will help you to achieve the followings in the shortest period of time: -Body fitness Exercises you can use resistance band to do. -How to make use of resistance band for effective exercises. -Up to 35 Exercises you can use Resistance band to do. -Approaches to body rehabilitation. -No-equipment exercises you can do at home with resistance band. -Strength training and stretching exercises with resistance band. -Types of Resistance band you can use to enhance you muscles. -Kind of Exercises that fit in the kind of body structure you wish to have. -Different kind of Workouts exercise you can achieve at home without going to gym center. -Exercises to boost your Muscles, Health Fitness and Reclaiming your body structure back and a lot more. When performing a Resistance fitness exercise to get a decent workout for your body, you don't have to hike the track record. You can do a lot without ever getting out of your home. If you are interested in building your body, growing your muscles, losing calories, or doing all these, it can be achieved in your home during your comfort time without going to the gym center with resistance band. GRAB YOUR COPY NOW!!!!!!!!!!!!.....

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full body resistance band workout reddit: *Resistance Band Training* Ava Thompson, AI, 2025-03-14 Resistance Band Training offers a comprehensive guide to leveraging resistance bands for strength, mobility, and rehabilitation. Discover how these versatile tools can build muscle, enhance flexibility, and aid injury recovery through progressive resistance. The book challenges the notion that bands are only for beginners, highlighting their effectiveness for all fitness levels. Did you know resistance bands challenge muscles through a full range of motion while minimizing joint stress? Or that they are invaluable for gently rebuilding strength and function after injury? The book begins by introducing the principles of resistance band training, including safety and different band types. Progressing through dedicated sections, it covers strength exercises targeting major muscle groups, mobility exercises for improved flexibility, and rehabilitation techniques for injury recovery. Visual aids and step-by-step instructions ensure correct form, while integrated training programs combine strength, mobility, and rehabilitation for optimal results. This approach makes the book valuable for fitness enthusiasts, athletes, and those in physical therapy.

full body resistance band workout reddit: *Quick Results with Resistance Band Workouts* Lucon Theodore, 2025-06-21 Unlock your full potential with Quick Results with Resistance Band Workouts: Full-Body Routines for Strength and Flexibility. Whether you're a beginner or an

experienced fitness enthusiast, this book provides targeted exercises to sculpt your body, boost your strength, and improve your flexibility, all using just a resistance band. With easy-to-follow, full-body routines designed for fast results, you'll experience a workout that fits into your busy schedule. Say goodbye to complicated equipment and long gym sessions, this guide shows you how to achieve maximum results in minimal time. From toning your arms and legs to strengthening your core, these exercises are tailored to help you reach your fitness goals quickly and effectively. Ideal for home workouts, rehabilitation, or enhancing your regular routine, this book empowers you to take control of your fitness journey. Start seeing results today, no gym required.

full body resistance band workout reddit: Resistance Band Workouts: A Quick and Convenient Solution to Getting Fit (A Quick and Convenient Exercise to Getting Fit and Developing Strength While at Home) August Shrewsbury, 101-01-01 Discover the power of resistance bands in rehabilitating injuries and strengthening the body through low-impact workouts complete with step-by-step photos. Ranging in intensity from super easy to extremely hard, the resistance band exercises in this book are sure to effectively and safely help you overcome any injury by building up strength and stability over time. In resistance band workouts here is a fraction of what you will learn: • About the benefits of resistance training • The importance of progressive overload • How to perform many exercises with nothing but a resistance band • How to make the exercises more or less challenging with different variations • Basic gym terminology • About resistance bands and the different types • The importance of breathing and warming up properly Resistance bands are extremely versatile and everyone can benefit from them. From the beginner to the seasoned exercise enthusiast, from rehabilitation to body shaping, young and old. Every fitness goal, however, has to have a structured plan for the most effective results. Enter this guide! Here you will find a progressive 12-week resistance band workout program that progresses through several methods of training. The ultimate goal of this routine is full-body fat loss and muscle toning.

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your body as far as you can. Pause, before pushing your body back to the starting position. 4) Step-up with Knee Raises How to do the exercise Place a bench or a box in front of you and step onto it with one foot. As you plant your foot, drive with your other foot bringing your knee up as high as you can. Lower it back down and step back onto the floor. Repeat on the other side. 5) Dips How to do the exercise Grab your dip bars with your palms facing inward and your arms straight. Slowly lower until your elbows are at right angles, ensuring they stay tucked against your body and don't flare out. Drive yourself back up to the top and repeat. 6) Groiners How to do the exercise Start the exercise in a press-up position. Jump forward so both legs land next to your hands. Return to starting position. 7) Star Plank How to do the exercise From a press-up position, walk your palms and toes out and away from your body until they form an x-shape. Brace your core to keep a flat line from your head to your hips and toes. Hold for the required time then walk back to a normal press-up position. 8) Sit-ups How to do the exercise Lie on the floor with your knees bent. Place your hands behind your head and tense your core as you lift your torso up so your upper body forms a V shape with your thighs. Lower under control back to the start position. 9) Spider Crawl How to do the exercise From a press-up position, raise one foot off the floor and bring your knee up towards your elbow. Pause then return to the starting position and repeat on the other side. Make sure to crunch your core at the top of the rep to bring your knee even closer to your elbow and get more out of your abs.

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