

# SUCK IT UP FITNESS

"Suck it up now so you don't  
have to suck it in later"

*-Jenn DeBeers*



**-CUSTOMIZED TRAINING  
-NUTRITION PROGRAMS  
-WEIGHT LOSS  
-BALANCE, MOBILITY  
& DAILY ACTIVITY  
PROGRAMS FOR SENIORS**

*Successful health and lifestyle professional*

## Resistance Band Total Body Workout

### Lunge with Bicep Curl

Place the center of the band under the instep of your left foot and position your right foot about two feet behind you (A). Hold the handles of the band with an underhand grip. Engage your abs (pull your belly button back towards your spine), shoulders back and down. Inhale. Exhale while slowly lowering yourself into a lunge, keeping both knees at a 90° angle (B) all while performing a bicep curl. Return to starting position (A). That is one rep. Do 10-15 reps on each leg, 2-3 sets



### Chest Fly with Sumo Squat

Stand with feet wider than shoulder-width apart, toes out. Wrap the band around your back at bra level (A). Extend arms to sides, slightly curved, while holding the band just shy of the handles. Bring fingertips together and bend knees until thighs are parallel to the floor (B). Open arms while returning to starting position. Repeat 20-30 times.



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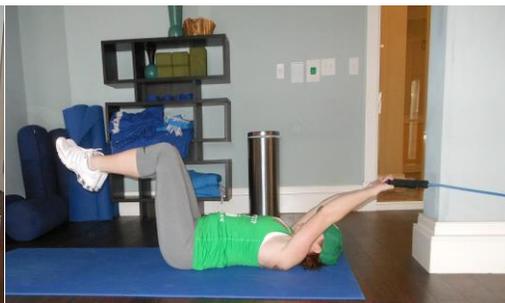
## Squat with Overhead Press

Stand in the middle of the band with feet parallel and shoulder-width apart. Hold handles at shoulder height, with palms facing away from you and elbows bent (A). Squat deeply while pressing your arms directly over your head. Keep your weight on your heels and resist the band as you return to standing position. Repeat 20 times (B).



## Crunch with Lat Pull Down

Loop the band around a stable object, like a doorknob or a bedpost. Lie on your back, gripping the band's handles with arms extended (A). Raise your legs and bend your knees so your shins are parallel to the floor. Crunch your upper body forward while drawing your arms toward your knees. Roll back to starting position (B). Repeat 20-30 times.



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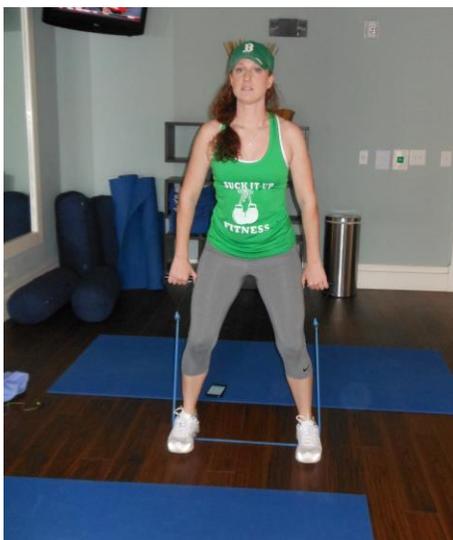
## Side Lunge with Lateral Side Raise

Stand with feet wider than shoulder-width apart, one end of the band under left foot. Grip other handle with left hand. Step into a lunge with right foot; sweep left hand down toward right foot (A). Push off with right foot to return to standing; raise right leg as you perform a lateral raise with left arm (B). Repeat 20 times; switch sides.



## Monkey Obliques

Stand on the center of the band with your feet parallel and wider than shoulder-width apart, knees soft, and handles in hands (A). Bend your torso to the right while drawing your left elbow upward (B). Alternate sides briskly. Repeat 20 times.



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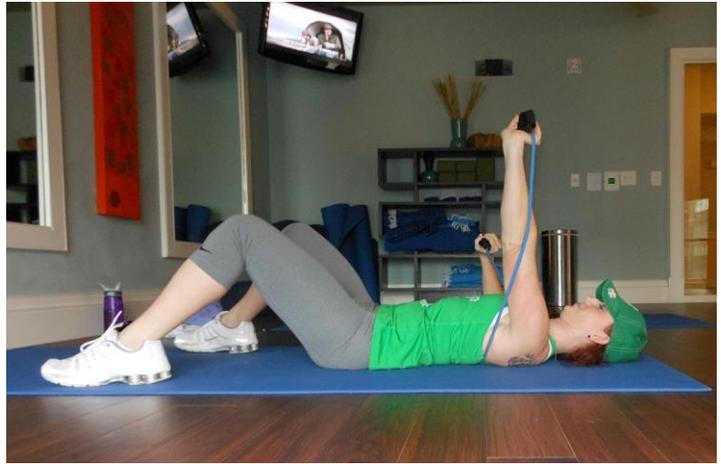


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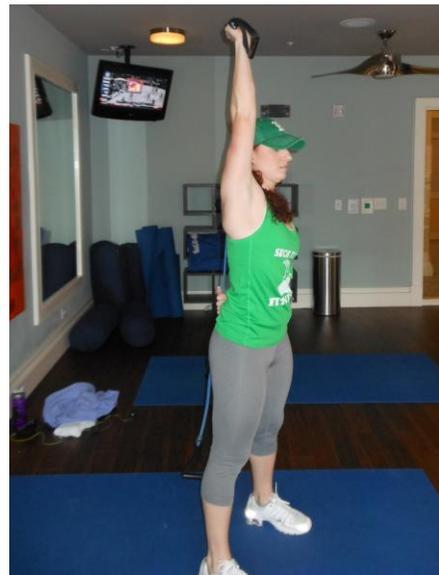
## Alternating Lying Chest Press

Lie on your back and place the resistance band under your back and hold the ends with both hands (A). Start by pressing one arm up towards the ceiling and then return to the starting position (B). Repeat with the other arm, that's one rep. Do 20-30 reps.



## Triceps Extension with Resistance Band

Start by holding the tubing in one hand and placing that hand behind your back. Now grab the other end of the band with the arm that is over your head (A). Extend the top elbow until your arm is fully extended (B). Return to the starting position and repeat for 15-20 reps, then switch arms.



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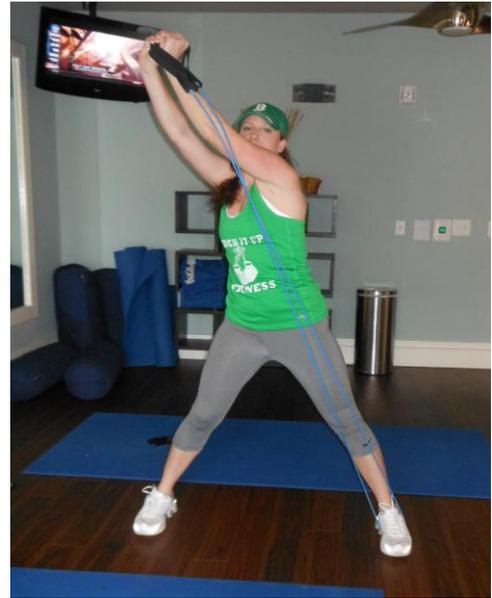


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## Diagonal Woodchops

Starting Position: Loop the band under your left foot and grasp either end. Keep hands together and extend arms down towards left foot. Bring band up and away in a wood chopping motion (A). During this motion your feet stay stationary and you rotate at your trunk (B). Do 15-20 reps and then repeat in the opposite direction



You may need to adjust the amount of reps depending on the strength of the resistance band and your strength. This is an effective resistance training routine that should be done 3 times a week on nonconsecutive days. You should always give yourself AT LEAST 24 hours of rest after working a muscle group.