



BEND IT LIKE ANA

RESISTANCE BAND EXERCISES

BEND IT LIKE ANA!

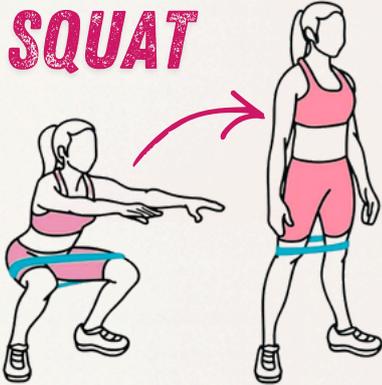


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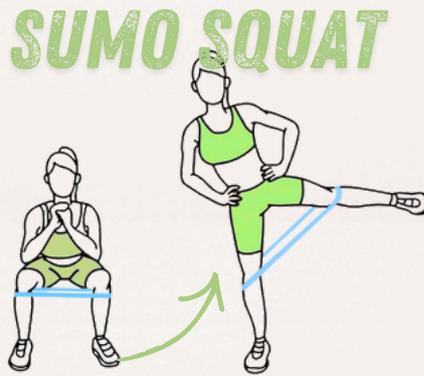
THE BASICS

FOCUSES ON LOWER BODY
10 REPS EACH SET (3 TIMES)

SQUAT



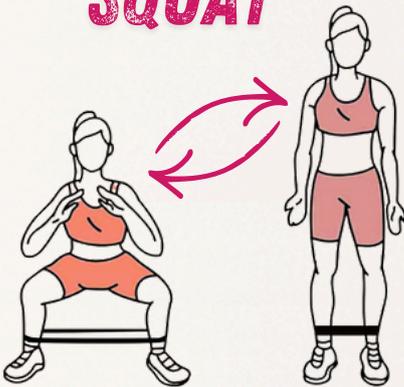
SUMO SQUAT



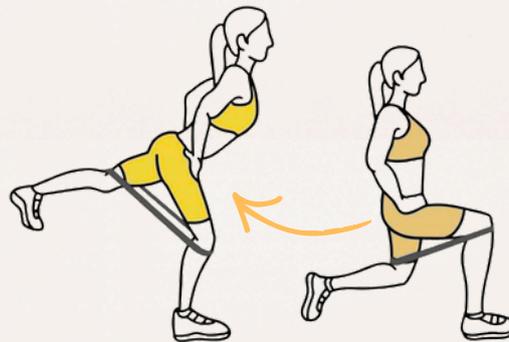
SPLIT SQUAT



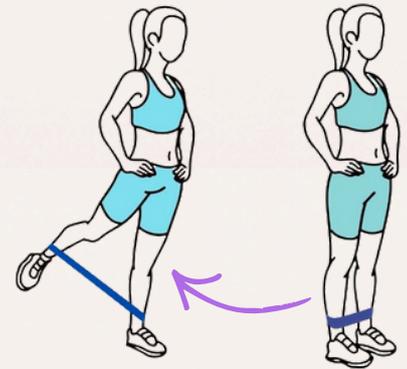
DROP SQUAT



KICKBACK



STANDING KICKBACK



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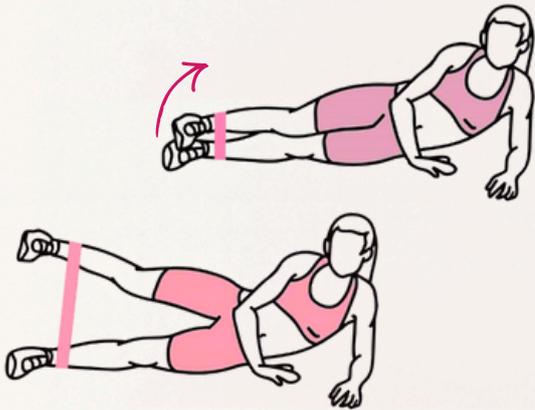
PUSH IT
TO THE

LIMIT

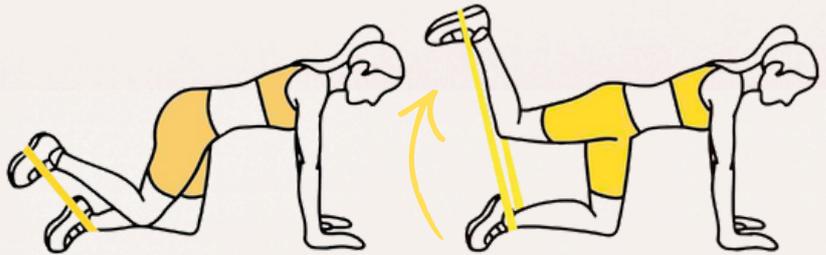
INTERMEDIATE

FOCUSES ON MID BODY
10 REPS EACH SET (3 TIMES)

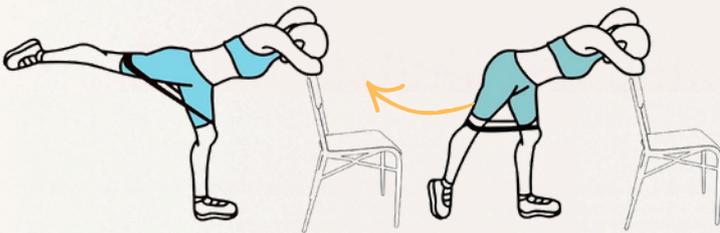
HIP STRETCH



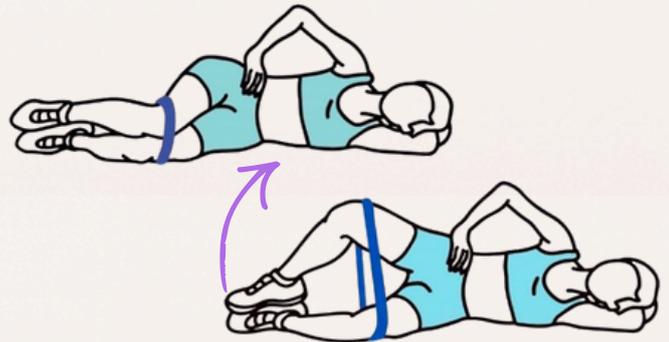
SPLIT SQUAT



LEANING KICKBACK



CLAMPSHELL



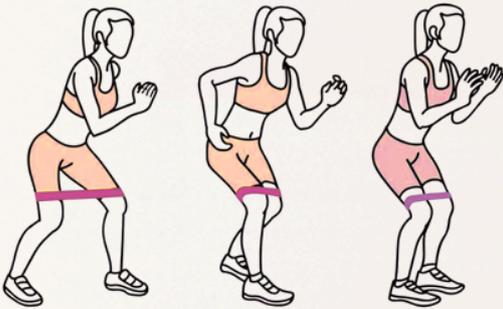
AnaErgetic™

**PUSH IT
TO THE
LIMIT**

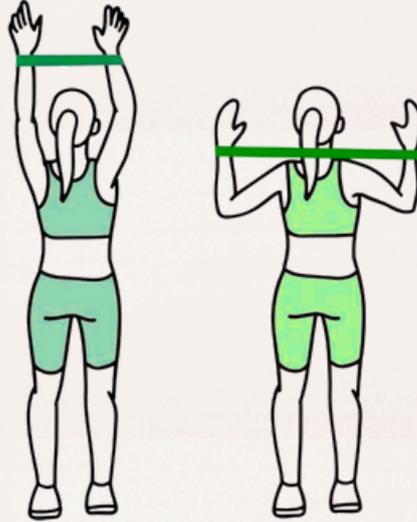
ADVANCED

FOCUSES ON STAMINA
10 REPS EACH SET (5 TIMES)

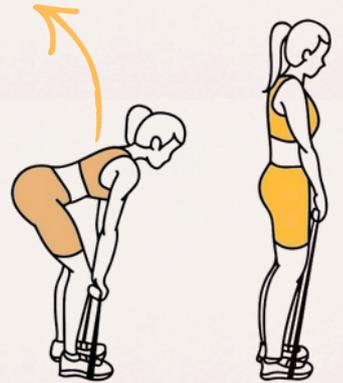
MINI BAND WALK



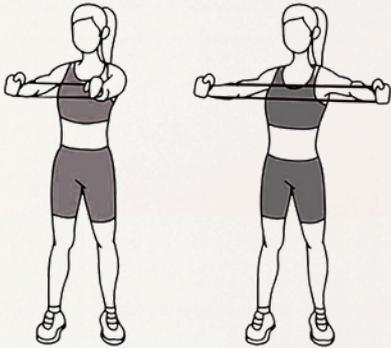
WING CRUNCH



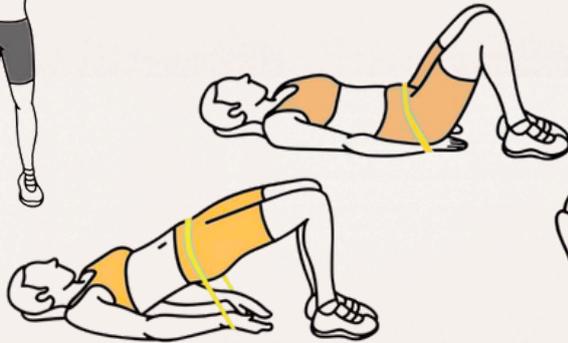
DEADLIFT



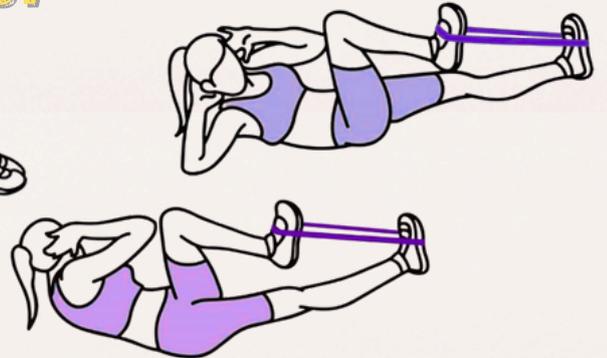
ARM EXTENSION



BRIDGE THRUST



BICYCLE CRUNCH



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TO THE
LIMIT