

LITTLE STEPS, BIG HAPPY

# Resistance Band Workout for Strong Abs & Core - 1

Repeat each exercise for 45 seconds.

Rest for 15 Seconds.



Standing Knee Raises



Plank Leg Jumps



Alternating Toe Touches



Plank Side Knee Raises



V Leg Lifts



Bear Crawl Kick Backs



Bicycles



Banded Side Bend



Dead Lifts

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## **Resistance Band Workout for Strong Abs & Core - 1**

Repeat each exercise for 45 seconds.  
Rest for 15 Seconds.

1. Standing Knee Raises
2. Plank Leg Jumps
3. Alternating Toe Touches
4. Plank Side Knee Raises
5. Bicycles
6. V Leg Lifts
7. Banded Side Bend
8. Bear Crawl Kick Backs
9. Dead Lifts

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# Resistance Band Workout for Strong Abs & Core - 2

Repeat each exercise for 45 seconds.

Rest for 15 Seconds.



Oblique Crunch



Plank Walk



Oblique Crunch



Plank Walk



Split Leg Lifts



Mountain Climbers



Dead Bug



Scissors



Russian Twist



Bridges



Dead Lifts

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## **Resistance Band Workout for Strong Abs & Core - 2**

Repeat each exercise for 45 seconds.  
Rest for 15 Seconds.

1. Oblique Crunch
2. Plank Walk
3. Split Leg Lifts
4. Mountain Climbers
5. Dead Bug
6. Scissors
7. Russian Twist
8. Bridges
9. Dead Lifts



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Thanks for downloading these copies of the Beginner Band Workouts. I hope they help you continue to work toward your fitness goals.

If you're looking for more practical advice on health, fitness, and weight loss mindset, connect with me on social media or email me at [Candice@littlestepsbighappy.com](mailto:Candice@littlestepsbighappy.com).

You can find me here:

