

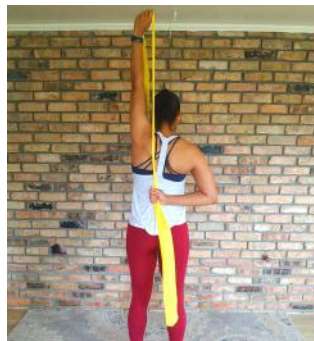
LITTLE STEPS, BIG HAPPY

# Resistance Band Workout for Back & Shoulders

Repeat the sequence 2 times. Start with light intensity bands. Lower or raise the resistance as needed.



Lat Pull Down - 10-12 reps



One Arm Shoulder Press -  
10-12 reps



Upright Row - 10-12 reps



Back Fly - 10-12 reps



Bent Over Row - 10-12 reps



Shoulder Shrug - 10-12 reps



Superman Row - 10-12 reps



Plank Row - 10 reps each side

LITTLE STEPS, BIG HAPPY

## **Resistance Band Workout for Back & Shoulders**

Repeat the sequence 2 times. Start with light intensity bands. Lower or raise the resistance as needed.

1. Lat Pull Down - 10-12 reps
2. One Arm Shoulder Press - 10-12 reps
3. Upright Row - 10-12 reps
4. Back Fly - 10-12 reps
5. Front Raise - 10-12 reps
6. Bent Over Row - 10-12 reps
7. Shoulder Shrug - 10-12 reps
8. Superman Row - 10-12 reps
9. Plank Row - 10 reps on each side



# Candice McDaniel

HEALTH & FITNESS  
COACH, AUTHOR

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Thanks for downloading these copy of the Resistance Band Workout for Back & Shoulders. I hope it helps 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:

