

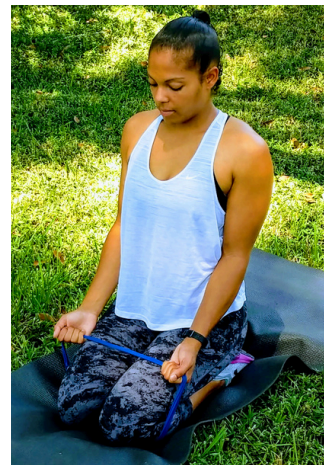
LITTLE STEPS, BIG HAPPY

Beginner Band Workout for Your Arms - Mini Loop Band

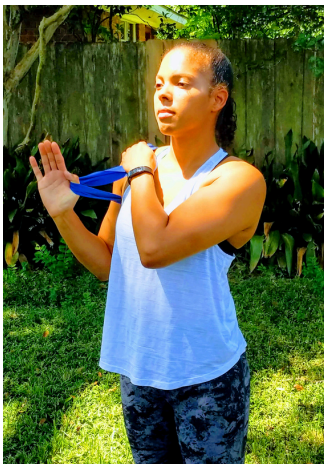
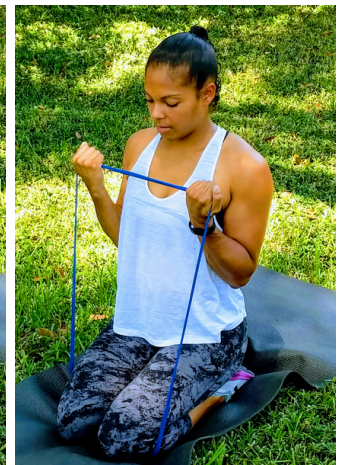
Repeat the circuit through twice for a beginner workout with a medium resistance band.



One Arm Row



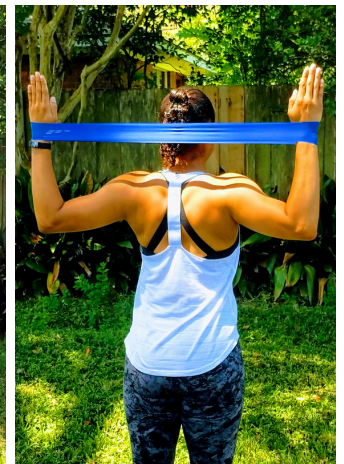
Bicep Curls



One Arm Chest Press



Lat Pulldown

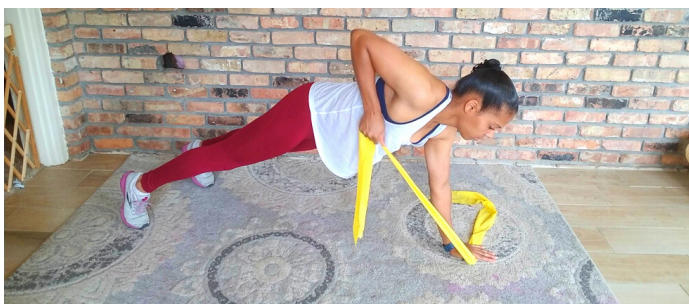
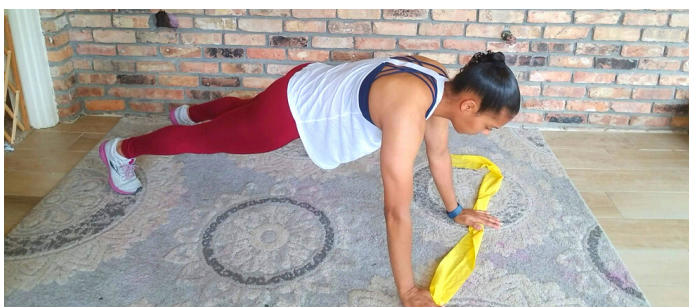




Tricep Pulldown



Plank Walk



Plank Row

LITTLE STEPS, BIG HAPPY

Beginner Band Workout for Your Arms - Mini Loop Band

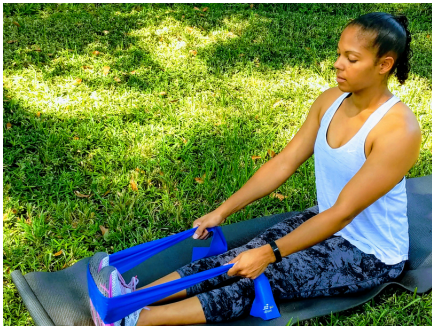
Repeat the circuit through twice for a beginner workout with a medium resistance band.

1. One Arm Row — 10 reps on each arm
2. Bicep Curls — 15 reps
3. One Arm Chest Press — 10 reps on each arm
4. Lat Pulldown — 15 reps
5. Tricep Pulldown — 10 reps on each arm
6. Plank Walk — 10 reps
7. Plank Row — 10 reps on each arm

LITTLE STEPS, BIG HAPPY

Beginner Band Workout for Your Arms - Long Band

Repeat the circuit through twice for a beginner workout with a medium resistance band.



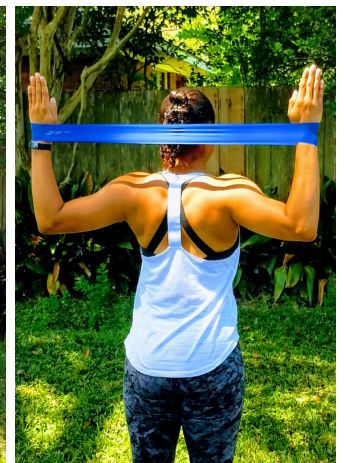
Sitting Double Arm Row



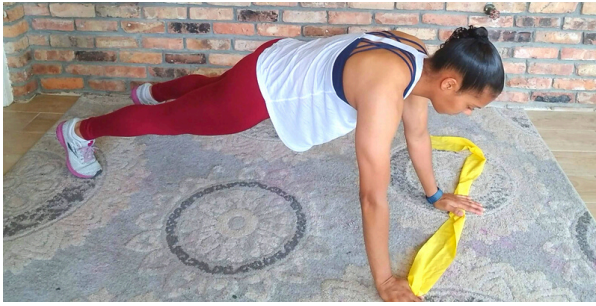
Bicep Curls



Chest Press: Two Arms



Lat Pulldown



Plank Row



Overhead Pull Apart



Tricep Kickback



Lateral Raise

LITTLE STEPS, BIG HAPPY

Beginner Band Workout for Your Arms - Long Band

**Repeat the circuit through twice for a
beginner workout with a medium
resistance band.**

1. Sitting Double Arm Row — 15 reps
2. Bicep Curls — 10 reps
3. Chest Press: Two Arms — 10 reps
4. Lat Pulldown — 10 reps
5. Plank Row — 8 reps on each arm
6. Overhead Pull Apart — 10 reps
7. Tricep Kickback — 10 reps
8. Lateral Raise — 10 reps



Candice McDaniel

HEALTH & FITNESS
COACH, AUTHOR

Thanks for downloading these copies of the Beginner Band Workouts for Arms. 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@littlesstepsbighappy.com.

You can find me here:

