



ENERGY FOR PERFORMANCE

A PROGRAM BROUGHT TO YOU BY JANUS LABS

Dynaband Workout

INSTRUCTIONS

- Perform 1-2 sets, 8-12 repetitions of each of the following 12 exercises in succession. Rest 30-60 seconds between sets. Alternative exercises (labeled A – O) can be done in addition to, or in place of, exercises 1-12.
- Use correct form and technique—slow, under control, full range of motion, and breathe out on exertion.
- Warm-up prior to workout, cool-down/stretch after.

Safety Guidelines

Remember to consult your physician for medical clearance prior to starting any exercise program. Discontinue exercise should you experience any abnormal response such as muscle, joint, or bone pain, chest pain or tightness, shortness of breath, etc. and seek medical attention.

WORKOUT: DYNABANDS

→ 1

CHEST

Chest Press



→ 2

CHEST

Chest Fly



→ 3

BACK

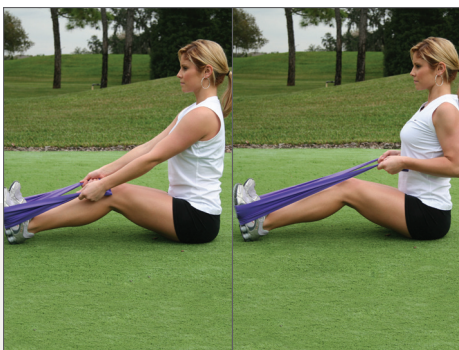
Arm Pulldown



→ 4

BACK

Back Row

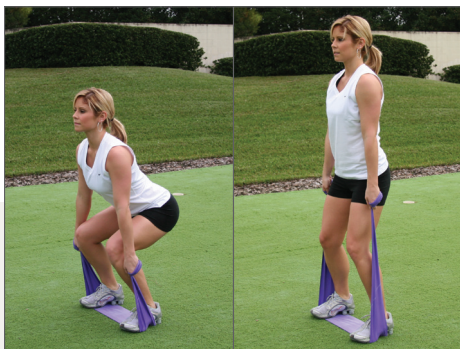


WORKOUT: DYNABANDS

→ 5

LEGS

Squats



→ 6

LEGS

Lunge

Beginner variation: do not use dynaband



→ 7

SHOULDERS

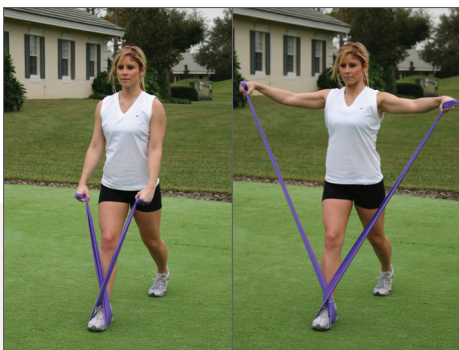
Shoulder Press



→ 8

SHOULDERS

Lateral Raise



WORKOUT: DYNABANDS

→ 9

BICEPS

Bicep Curl



→ 10

TRICEPS

Tricep Extension



→ 11

ABS

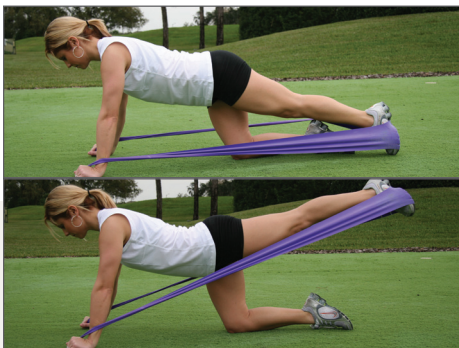
Ab Crunch



→ 12

LOW BACK

Superman



WORKOUT: DYNABANDS

ALTERNATIVE EXERCISES

→ A

CHEST

Incline Chest Press

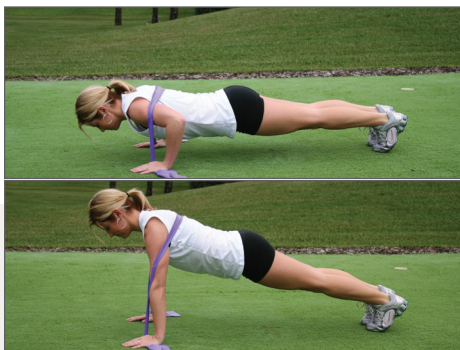


→ B

CHEST

Push-up

Variation: perform
push-up on knees



→ C

BACK

Bent-over Row



→ D

BACK

Reverse Fly



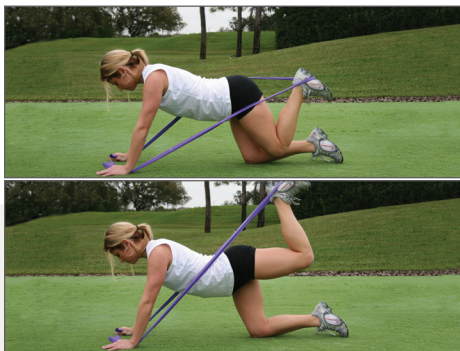
WORKOUT: DYNABANDS

ALTERNATIVE EXERCISES

→ E

LEGS

Hip Extension

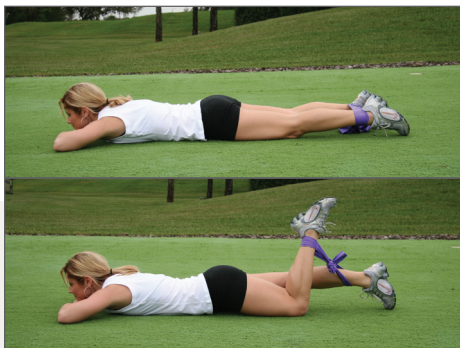


→ F

LEGS

Hamstring Curl

Variation: perform same exercise while standing



→G

LEGS

Leg Press



→H

SHOULDERS

Front Shoulder
Raise



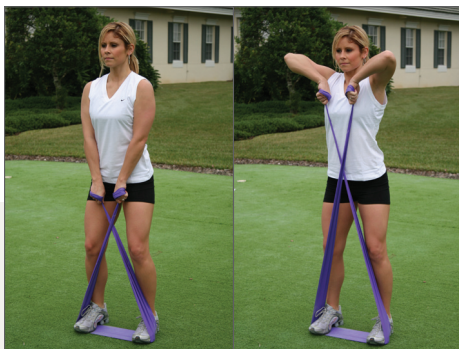
WORKOUT: DYNABANDS

ALTERNATIVE EXERCISES

→ 1

SHOULDERS

Upright Row



→ J

BICEPS

Reverse Bicep Curl



→ K

BICEPS

One-arm Bicep Curl



→ L

TRICEPS

Tricep Kickback



WORKOUT: DYNABANDS

ALTERNATIVE EXERCISES

→ M

TRICEPS

Vertical Tricep
Press Down



→ N

ABS

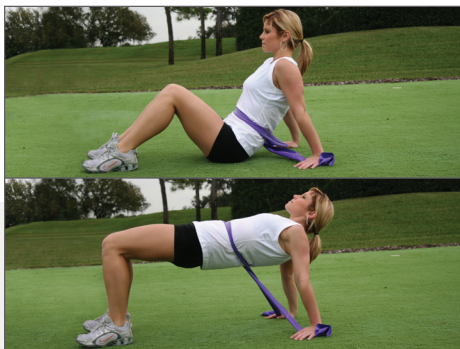
Trunk Twist
Remember to twist
to both sides





LOW BACK / ABS

Bridge





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