Hi friend, here’s a simple program you can run for a few weeks if you’re wanting to mix things up with some resistance bands. Just in case, let’s go over a few terms. Rep=1 movement (e.g. 1 squat). Set=a collection of reps (e.g. 3 sets of 10 reps would equal 30 reps total). Between sets, you will want to rest 3-5 minutes to allow your body to regenerate energy; this will allow you to lift more weight in total and get stronger faster! I also strongly recommend taking at least one rest day in order to allow your body to recover from the hard work you’ve been doing. In order to progress, you can either gradually increase the size of your weights or if you have one set of dumbbells, increase the number of reps per set. Got any questions or want to share a big win? I would love to hear from you! E-mail, [Facebook](https://www.facebook.com/cultiv8strength), and [Instagram](https://www.instagram.com/drkatieford) are all great ways to get a hold of me. Good luck on your journey, I’m so excited for you!

**Day 1**

[Resistance band deadlift](https://www.youtube.com/watch?v=JqSk2ydDIkk): 3 sets of 10-15 reps

[Resistance band lat pushdown](https://www.youtube.com/watch?v=bStplp7UGJ4): 3 sets of 10-15 reps

[Resistance band lunge](https://www.youtube.com/watch?v=Khgyyrd_ig0): 3 sets of 10-15 reps

[Resistance band overhead press](https://www.youtube.com/watch?v=Zli1UXH9ZeE): 3 sets of 10-15 reps

[Resistance band pallof press:](https://www.youtube.com/watch?v=5_8d8vHgZvU) 3 sets of 10-15 reps

**Day 2**

[Resistance band squats](https://www.youtube.com/watch?v=V8AgrOyr4pI): 3 sets of 10-15 reps

[Resistance band seated row](https://www.youtube.com/watch?v=mnP10HI18uI): 3 sets of 10-15 reps

[Donkey kicks](https://www.youtube.com/watch?v=vKV2aueKBDA): 3 sets of 10-15 reps

[Resistance band floor press](https://www.youtube.com/watch?v=h1uU13KkCXw): 3 sets of 10-15 reps

[Banded seated psoas march](https://www.youtube.com/watch?v=D_xV4hTbyUs): 3 sets of 10-15 reps