

# October 2022

Sun.

Mon.

Tue.

Wed.

Thu.

Fri.

Sat.

**Amy Rose Robinson & Claire Metzgar Stretchy Band Challenge.**  
**Complete your calendar to earn a point on your ticket to fitness.**

**Using the video link:**

<https://www.nbcnews.com/better/lifestyle/one-month-resistance-band-workout-you-can-do-anywhere-ncna965461>

							<b>1</b> Standing Side Taps 10/1x  Rear Delt Pull 10/1x
<b>2</b> Standing Banded Squat 10/1x  Triceps Extension 10/1x	<b>3</b> Standing Lateral Band Walk 10/1x  Bicep Curl 10/1x	<b>4</b> Standing Adductor Lift 10/1x  Banded Open/Close 10/1x	<b>5</b>  <b>REST</b>	<b>6</b> Standing Side Taps 10/2x  Rear Delt Pull 10/2x	<b>7</b> Standing Banded Squat 10/2x  Triceps Extension 10/2x	<b>8</b> Standing Lateral Band Walk 10/2x  Bicep Curl 10/2x	
<b>9</b> Standing Adductor Lift 10/2x  Banded Open/Close 10/2x	<b>10</b>  <b>REST</b>	<b>11</b> Standing Side Taps 10/3x  Rear Delt Pull 10/3x	<b>12</b> Standing Banded Squat 10/3x  Triceps Extension 10/3x	<b>13</b> Standing Lateral Band Walk 10/3x  Bicep Curl 10/3x	<b>14</b> Standing Adductor Lift 10/3x  Banded Open/Close 10/3x	<b>15</b>  <b>REST</b>	
<b>16</b> Standing Side Taps 10/2x  Rear Delt Pull 10/2x <b>Repeat once</b>	<b>17</b> Standing Banded Squat 10/2x  Triceps Extension 10/2x <b>Repeat once</b>	<b>18</b> Standing Lateral Band Walk 10/2x  Bicep Curl 10/2x <b>Repeat once</b>	<b>19</b> Standing Adductor Lift 10/2x  Banded Open/Close 10/2x <b>Repeat once</b>	<b>20</b>  <b>REST</b>	<b>21</b> Standing Side Taps 10/5x  Rear Delt Pull 10/5x	<b>22</b> Standing Banded Squat 10/5x  Triceps Extension 10/5x	
<b>23</b> Standing Lateral Band Walk 10/5x  Bicep Curl 10/5x	<b>24</b> Standing Adductor Lift 10/5x  Banded Open/Close 10/5x	<b>25</b>  <b>REST</b>	<b>26</b> Standing Side Taps 10/3x  Rear Delt Pull 10/3x <b>Repeat once</b>	<b>27</b> Standing Banded Squat 10/3x  Triceps Extension 10/3x <b>Repeat once</b>	<b>28</b> Standing Lateral Band Walk 10/3x  Bicep Curl 10/3x <b>Repeat once</b>	<b>29</b> Standing Adductor Lift 10/3x  Banded Open/Close 10/3x <b>Repeat once</b>	
<b>30</b>  <b>REST</b>	<b>31</b>  <b>HAPPY HALLOWEEN</b>						

### Standing Side Taps



With the band around your ankles, pull your navel in toward your spine and bend your knees so that your booty is reaching back. Place your feet open just as wide as your shoulders. This is a modified squat position and you'll stay here for the exercise. Tap your right foot out to the right, feeling the tension on the band and then bring it back to center so that the feet are just as wide as the shoulders. Then tap the left foot to the left and feel the tension on the band, and then bring it back to center. Repeat this for 10 taps to each side. This works the gluteus medius (the muscle on the outside of the hip) and the thighs. It's also a bit of a cardio move since you're tapping from one side to the other without a break.

### Standing Adductor Lift



Standing straight up with your abs drawn in, lift the right leg out to the side, and then bring it back in. The tension that the band adds can be felt on the eccentric and concentric movement — as you push the leg out and as you pull the leg back to center. This is primarily working the gluteus medius, and also the stabilizing muscles of the legs and the standing leg that's balancing you. Repeat this 10 times and then switch to the left side.

*Band Positioning: Around lower knee*

How to: Step inside the band with both feet, and wiggle the band with your fingers up around your shin bones directly underneath your knee. You can leave about 2-3 fingers' width space from your knee down to the top of the band for reference.

### Standing Banded Squat



Step the feet out as wide as the hips, pull the navel in, and bend at the knees to sit back with your glutes. Act like you're sitting back into a chair, and then drill down through the heels to stand back up. The band helps activate the glutes with the tension around the legs, and also helps stabilize your body for a more properly formed squat. Repeat this 10 times.

## Standing Lateral Band Walk



Step into the band with both feet, and pull the feet as wide as the hips to create tension on the band. Lower down into a half squat position while pulling your navel in toward your spine, and pressing down through the heels of your feet. Then shift your weight over to your left side, and step sideways to the right. Bring your left foot slightly in, keeping tension on the band, and continuing to side step to the right like this for 10 steps. Then repeat to the left.

## Rear Delt Pull



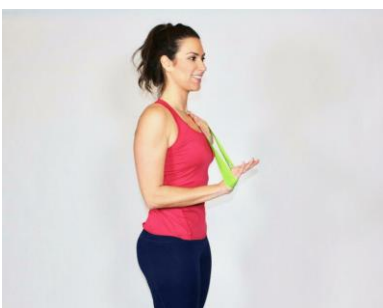
Bend the elbows at a 90 degree angle so that your arms are parallel to the ground. Reach the arms forward and then bend the elbows and bring the arms toward your chest as you squeeze your upper back. This works the medial deltoid, rear deltoid, scapula, and biceps. Repeat 10 times.

## Banded Open & Close



Bend at the elbows and bring your arms up into a goal post position at chest level. Open and close the arms to work the upper arms and upper back. Repeat 10 times.

## Triceps Extension with Band



Using your left hand, press the band to your chest. Use the right hand to press down against the band into a tricep extension, and then come back to the starting position. Repeat 10 times and then switch sides.

## Bicep Curl with Band



Put the right hand through the band in an open-face position to start. Then, pull the right hand with the band up toward the shoulder into a bicep curl, and release down. Repeat 10 times and then switch sides.

*Band Positioning: Standing on your knees, step the right foot forward into a modified lunge position, and then wrap the band underneath the right knee.*