

		BURN 9 - Bands			
Warm Up - 1 song		Select from workout library			
Lower Body 1 2 songs	Set-up:	<i>Loop Band around ankles</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		2x Side Leg Taps + 2 walks	Back leg kicks - Single, Single, Double	Front Side Back kicks	Squat jumps in and out
Lower Body 2 2 songs	Set-up:	<i>Loop Band around knees</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		Step squat to step back lunge	2x Squats 4xpulses	Back Leg Kicks	
Upper Body 2 songs	Set-up:	<i>Loop Band behind back</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		Hands behind back, Pulldowns + Pulses	Arms to front Pull Outs + Pulses	Closed row + single pull out	Palms facing inwards single arm pull outs
Upper Body 2 songs	Set-up:	<i>Long band under feet and holding in X shape</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		Side arm raises	Overhead Tricep extentions + Pulses	Seated closed rows	Seated wide rows
Cardio 2 songs	Set-up:	<i>Loop band around forearms</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		Runs with vibration arms	Jumping lunges hands above head	Burpee with floor star jump	Squats with bicep curl
Cardio 2 songs	Set-up:	<i>Loop band on floor at touching distance</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
		2x Star Jumps 4 shuffle	Squat side leg kick	Squat Jump pick up band	Squat hold with heels off

Lower Body 2 songs	Set-up:	<i>Long band under feet and holding in X shape</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Side leg lifts	Side walks in and out	Floor/band around one foot - Back exentions	Extended back leg pulses	
Core 2 songs	Set-up:	<i>Band around ankes, lay on back, up on elbows</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Down dog to knee outs	Donkey Kicks	Hip Bridge with leg lift	Hip Bridge hold knees out	
Note	All Exercises on Right then all on Left				
Core 2 songs	Set-up:	<i>Band around ankes, lay on back, up on elbows</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Scissor switches,	Leg star jumps	1/4 sit up with double knee tuck	Oblique Twists	
Cool Down	Set-up:	<i>Loop Band around forearms, plank position</i>			
	Exercise 1	Exercise 2	Exercise 3	Exercise 4	
	Side arm walkout x2 Foot walk ins x2	Elbow to Knee Tucks	Knees Table top - Sit Ups	Tuck crunches	
	Select from cool down library				