

Band Poling

This is one of my favorite total body exercises. Just about everyone that I give this exercise to comments that they feel it everywhere. This will work your core, legs, upper chest, lats, and triceps like no other exercise.

- 1. Start by picking a band that you can handle for at least 10 reps.*
- 2. Stand upright with your belly button pulled in.*
- 3. The band should be set about shoulder height in a doorframe or on a pole.*
- 4. Begin by pulling down and crunching forward. You are trying to get the bands to touch the front of the shoulders.*
- 5. You want to mimic a ski push off.*
- 6. Complete 8-10 reps for beginner, 12-15 for intermediate, and 20 and above for advanced.*
- 7. This exercise will drive your heart rate up.*

