

In this video a brief introductory section of Tina Smalley's full exercise CD is shown. All the following exercises are done with a [resistance band](#), and the different combination of these exercises targets the muscles of your whole body.

The first exercise targets your thighs, buttocks, arms and shoulder. Bend over and squat up and down. Do 3 sets of 12.

The second exercise targets your leg muscles. Do 2 sets of 12 reps. Hold one side of the band at your waist, and hook the other onto the other foot. Extend the foot with the band on at the back, and do squats.

The third exercise should target your back. Lean forward, with one foot on the band. Palms at the body height, pull back the band. Do 2 sets of 12 reps.

The fourth exercise targets your shoulders, and inner thighs, do 2 sets of 12 reps. Stand with legs shoulder width apart. Hold the band at arms width. Extending the band outwards, and bringing it back in, take 3 steps to the right. Lift your right foot off the ground from the side and bring it back down, then repeat on the other side.

For the fourth exercise, hold band at arms length, make three jumps then for the fourth jump one open legs wider and bend knees. Repeat 3 sets of 12 reps.

In the fifth exercise, fix the band under one foot, and hold it with a straight arm upwards on the same side, extending it along the length of the body. Squat to the side, and while doing so, extend the arm with the band up and down. Do 2 sets of 12 reps.

For the sixth exercise, it should target your waist. Sit down straight, with legs together and straight ahead. Bring the band around your feet, holding it with your hands at the waist. Pull back the band and turn to your left, come back to the center and release. Repeat on other side. Do 3 sets of 12 reps.

For the last exercise, come down on all fours. Hold the band under your hand and knee of your right side, while the band should end at the feet of your left side. Making a 90 degree angle with your left foot, extend it up and back, and then bring it back down to the starting position. Do 2 sets of 12 reps.

This was a brief description of all the exercises that you could do with an [exercise band](#) , which is demonstrated in this video