Twitter Thread by Abhi Rajput

Abhi Rajput
@Abhirajputfit

You can buy a pair of resistance bands for INR 500 and bring them with you everywhere

Below are 10 band movements you can use to get an intense workout from absolutely anywhere:



Resistance bands are a versatile and convenient tool for doing intense workouts.

To start, choose a set of bands with different resistance levels to vary the intensity of your exercises and train them close to

failure for the hypertrophy.

Bands come in different levels, so it is important to choose the right one for your fitness level.

If you are a beginner, start with a light band, and gradually move up to a heavier one as you get stronger.

You can also use multiple bands to increase the resistance level.

1: Banded Split Squat

Perform all the exercises in high rep ranges for 3-4 Sets according to your time availability.

Example (3 sets of 15-20 reps for Split Squat)



2: Good Mornings

One of the best movement if you nail the execution.



3: Seated Rowing



4: One Arm OHP



5: Triceps Extension



6: Hammer Curl7



7: Band pull apart



8: Seated OHP



9: Chest Fly

Attach it to any Window or holder and it will give you a good pump



10: Biceps Curl



This is best if you travel a lot Or stuck because of Office hours. If you are willing to take action and just not making excuses then pick bands and allocate yourself 20-30 minutes to have a quick session.

I have clients training from home losing 10-15kg while building muscle.

I don't have time to workout is not a good enough reason, it's just another escape mechanism for you.

If your priority is fixing health then you will make time for it and 3-5 hours/week will give you way much more benefit.

I hope you enjoyed reading

If you learned a few things, please retweet the first tweet for others to see

& Bookmark this thread to reference later

Remember, these things will work once you start taking action.
Commit for 3 months and achieve your goals

https://t.co/qZZsQ5t9Hg

> You can buy a pair of resistance bands for INR 500 and bring them with you everywhere
>
> Below are 10 band movements you can use to get an intense workout from absolutely anywhere:
> pic.twitter.com/ubMibHmk7Z
>
> — Abhi Rajput (@Abhirajputfit) March 9, 2023