Warm-up
Deep breath, stretching, step side to side with band extensions

Upper Body
Bicep curls: Place band under ball of foot, microphone grip up, with other foot behind in a split stance, both knees slightly bent. Keep elbows tight against body. Repeat on opposite side.

Triceps extension: Grab band hand wrap grip down with one hand. Place hand over head, let the band fall behind back. Grab bottom of band with other hand. Place it in small of back with no slack in the band. Keep lower hand stable, extend top hand above head. Repeat on opposite side.

Shoulder pulls: Place band under ball of foot, microphone grip down, foot forward, knee slightly bent, other foot back and straight. Pull arms up to shoulders slowly. Repeat on opposite side.

Lower Body
Resistance band squats: Place band on floor under both feet slightly wider than hip-width apart, toes facing forward. Leave slack in band. Knees never go past toes and drive straight forward. Reach down; place hands in middle of band. Squat; keep flat back at 45° angle. Sit down into heels.

Step downs with band: Place band under ball of foot, microphone grip up. Keep top of leg flat like a table top. Push leg down slowly, lowering and rising in a controlled manner. Leg should make a tabletop at the end of exercise. Repeat on opposite side.

Core
Side oblique bend: Place band under ball of both feet in microphone grip down. Stand tall, move side to side keeping arms straight, feel the stretch in sides. Keep belly button in, abstight.

Resistance band disco: Grab band in hand wrap down (both hands). Place band on hip. Extend other hand at 45° angle up and twist behind. Keep arm straight. Eyes follow hand at all times. If you cannot see hand, you are bending too far. Keep band tight, with no slack. Repeat on opposite side.

Twist & pull with band extensions: Stand hip-width apart, toes facing forward. Grab band in hand wrap down (both hands) extending band out in front of body. Turn to side, torso to 45° angle. Keep belly button in, abstight. Feet planted, extend hands keeping band tight. Repeat on opposite side.

Total Body
Single leg lift with arms (side to side) in front: Grab band in hand wrap down (both hands) extending arms in front of body. Place weight on one foot. Extend opposite foot out and return to center. Repeat on opposite side.

Resistance band speed skater: Side step right with right foot, left foot stays stationary, move the right foot back to the center, side step with the left foot, returning it to center. Grab band in hand wrap down (both hands) extending band in front of body. Only moving the outside hand, keep the inside hand in center. Example: Right foot moves, right hand moves.

Sassy sister salsa: The signature move. Add your own personality! Grab band in hand wrap grip down (both hands). Footwork: Step out in front of body with right foot, step back, then three small steps. Repeat with left foot leading 1-2, 1-2-3. Add arms, extend same arm down with foot that leads.

Cool Down (repeat warm up)