

THE **5-MINUTE** **MINI BAND WORKOUT**

ACTIVATES HIDDEN TONING MUSCLES



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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.

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INTRODUCTION

Flat abs, lean legs, AND a tight, firm butt WITHOUT stepping foot into a gym and dreading lifting another heavy, clunky weight? Well, yes as a matter of fact! Keep reading . . .

By simply performing the easiest of anti-gravity moments using this tiny but MIGHTY “toning tool” that fits right into your back pocket, you will be able to firm, tighten and sculpt your ENTIRE body FASTER than traditional strength training gym workouts OR painfully boring long cardio sessions that leave you with little in the way of results to motivate you.



As a personal trainer and busy mom of 3 children, gym workouts often did not fit into my schedule. As much as I love working out, exercising and keeping my body fit and tight it was simply NOT realistic for me to be able to get to a gym 4-5 days a week for even a 45 minute workout. And for all you busy parents out there reading this, you know exactly what I mean.

Life gets very, VERY busy and sometimes “life” takes priority over your workouts!

But hey . . . I was determined to find a way to still get a great workout in but it needed to fit MY life and what was often an unpredictable and unplanned curve

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ball that kept me from getting to a gym or even out for a bike ride.

So what is this SECRET workout weapon that requires nothing more than your bodyweight and what is essentially a rubber band!

It's our 5 Minute Mini Band Workout that utilizes our unique T3 METHOD to give you the lean, sculpted body you deserve in less time than you ever dreamed possible!

Now that I have your attention lets get into the nuts and bolts of this amazing program and how it is going to get you the results you want and more importantly, the results you DESERVE from a workout!

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WHY YOU NEED TO INCLUDE MINI BANDS IN YOUR RESISTANCE TRAINING

Mini bands without the T3 method are just a flappy piece of rubber that gives you a tiny burn and an elevated heart rate. Combining mini bands with the T3 method is like dropping an atom bomb on fat to reveal a tight and toned figure that's both strong and sexy!

Including mini bands, along with the T3 method you will no longer have to put up with intimidating gym sessions or having to lift clunky weights to see results.

You will have the freedom to exercise with short, fast workouts that you can do right at home or anywhere, with nothing more than a mini band. And you will finally be able to end your struggle with losing weight and get the shapely figure you



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desperately want and deserve.

The bottom line is this . . . Mini bands and our T3 method WORK! This, combination allows you to increase your workouts as you become stronger by moving up to the next resistance level band. Think of it this way . . . if you start out doing bicep curls with 10 lb dumbbells, you will increase that to 12 or 15 lb dumbbells when 10 is no longer challenging and becomes easy for you.

Well, mini bands give you the same option. You start with the mini band that gives you enough resistance to make it challenging to complete your workout yet allows you to perform the exercises correctly. When that band becomes too “light” or easy to work with, advance to the next level band to increase the resistance in your workouts.

It really is that simple and hey if you need more convincing that mini-bands have an impact on increasing strength along with improving your overall mobility, flexibility and balance you may want to read these research study results done by the National Institute of Health. (1) & (2)

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HOW TO INCORPORATE MINI BANDS INTO YOUR WORKOUTS

There really is no magic formula to do this . . . it could not be simpler. However, sometimes people feel really confused as far as what band they SHOULD be using and how to get started because when working with bands it can sometimes feel like you are not really moving much weight the way you do when lifting dumbbells. This can lead to the belief or assumption that you are not getting as good a workout, which simply is not true.

So here is how to incorporate mini bands and the T3 method into your workouts



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for amazing results. First simply take out all the mini bands and lay them out in front of you. You will notice that there is definitely one mini band that is quit easy to pull and stretch while on the other end of the spectrum there is one that requires a bit more sweat! Now in between each of these will be 3-4 bands of varying and increasing resistance.

Guess what? You don't just have to use ONE band! No really! If you have really strong legs for instance, you will want to use a mini-band with greater resistance for your lower body exercises. For your upper body, you may choose a band with lighter resistance to work through those exercises that will increase your upper body strength.

The bottom line is to choose a mini band/ mini bands that will challenge you by giving you the resistance you need to really WORK through the exercises but that will allow you to perform each of the exercises correctly.

The next thing you want to make sure you do is to pay attention to tempo. Tempo is basically the speed at which you are performing the exercise. It is very important that when moving through the range of motion of each of these exercises that you do not allow the mini band to control the movement or speed. The idea is that the mini band provides a challenging resistance to you as YOU CONTROL the movement and speed of the exercise.

Lastly, sequence . . . yes! The exercises in this 5 minute program were not simply just put together in a random order. No. This program was designed so that the exercises work every muscle group in a progression that not only makes the most sense but yields MAXIMUM RESULTS!

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THE 5 MINUTE MINI BAND WORKOUT



Now for the FUN stuff! This workout could not be any more simple or any more fun. Not only can you do this workout anywhere, but it only takes 5 minutes to complete! However, as you get stronger and experience just how much fun this workout is, you may choose to repeat the 5 minutes for a second or even third round.

For this 5 minute full body mini-band workout, you will perform each exercise for 60 seconds moving from one exercise to the next with NO rest between.

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Since all the exercises in this workout, except for the last one, involve working both right and left sides, you need to perform each exercise for a 30 seconds with your right arm/ leg and then repeat that same exercise with the left arm/ leg for another 30 seconds. There is your 1 minute set for the exercise!

Continue this for each exercise working your way through the program. When you get to the final exercise, Banded Plank Jacks, you will do this for a full 60 seconds . . . YOU CAN DO IT!!!

When you find that the exercises are becoming easy or that you are not noticing the resistance as much, then it's time to move up to a higher level resistance band. And CELEBRATE that because that means you are getting stronger and are probably starting to notice some nice muscle tone too!

If you want to turn this 5 minute workout into a FULL workout, then give yourself a 2-3 minute rest after completing this program once through and then repeat the entire program for an additional round or two.

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EXERCISE DESCRIPTIONS

Before you begin this 5 minute mini band workout make sure you are properly warmed up so that you get the greatest benefit and are able to move through the entire program with proper form and execution.



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QUARTER SQUAT LATERAL WALKS



Place the mini band just above your knees & assume a slightly wider than shoulder width apart stance. Now bend your knees so that your quads are at about a 45 degree angle. You do not want to be in a full squat position or lower than your knees. Now step to either your right or your left side and continue to walk, maintaining this quarter squat position for 30 seconds. Repeat this on the other side for 30 seconds so that you have worked both sides.

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SINGLE LEG KICK BACKS



Place the mini band around your ankles. It helps to find a focal point on the floor or a wall to help keep your balance while performing this exercise. With one foot anchored to the floor, gently pull your other leg back leading with the heel till you feel the resistance limiting your ability to go further. Repeat this 30 seconds. Do the same with the other leg for 30 seconds.

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TRICEP KICKBACKS



Bend slightly at your hips and keep a straight back. Hold the mini band with your left & place your left hand securely at your right shoulder. Grab the other end of the mini band with you right hand and pull the mini band straight back, extending your right arm behind you past your hip. Repeat this for 30 seconds. Repeat this with your left arm for 30 seconds.

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KNEELING BICEP CURLS

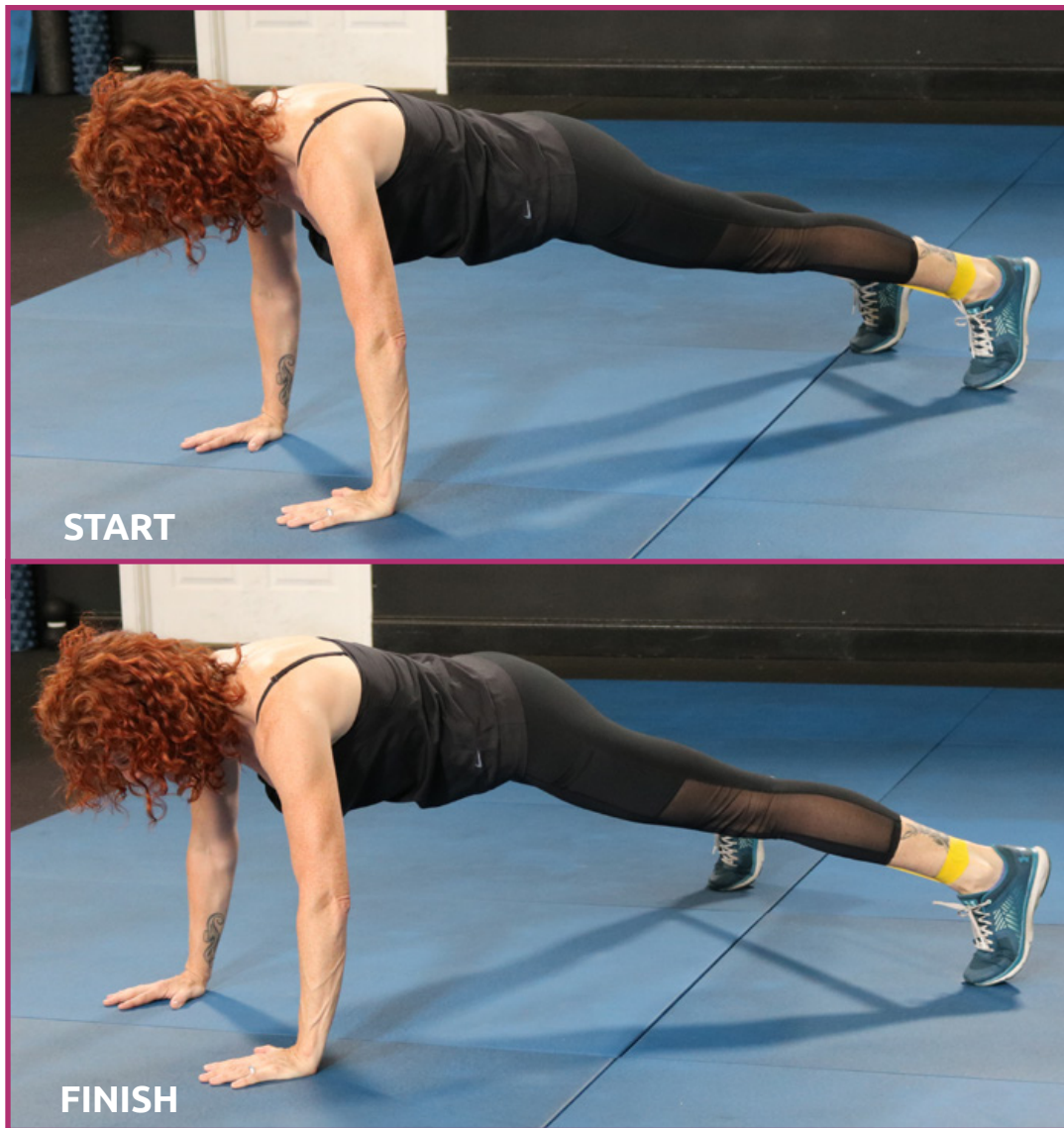


With your left knee on the ground and your right knee up, place the mini band around your left foot. Grab the mini band with your left hand and secure your left elbow on your left thigh. Slowly raise your arm till you feel the tension in the mini band limiting your ability to go any further. Repeat this movement for 30 seconds. Repeat this exercise with your right knee on the ground and your left knee up to do bicep curls with your right arm for 30 seconds.

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BANDED PLANK JACKS



Place the mini band around your ankles and get into an extended plank position. Now jump your feet out so that they are as wide as you are able to move them with the bands resisting you. Jump back to your starting position. Repeat this for 60 seconds.

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WHAT COMES NEXT?

Now that you have 5 new mini band exercises to add to your workout library, it's time to take it up a notch!

In order to activate and trigger ALL of your hidden toning muscles, you need more options, more workouts to keep you making progress over the long haul.

You've already discovered that mini bands have many more advantages compared to traditional weight lifting like no more clunky weights and hour-long routines at the gym.

But to truly target all of your stubborn flabby areas, you need to experience the full power of the T3 Method so that you can continue to see impressive results for years to come.



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Remember, the T3 Method activates the hidden toning muscles buried deep in your arms, legs, hips, and glutes— muscles traditional exercise can't reach... for body sculpting results that are second to none...

No bulky weights, machines, endless cardio sessions or anything like that...

Instead you'll tone up and feel confident in your own skin when you use the T3 Method just ten minutes a day...

**NEW Anti-Gravity Movements Using A Tiny “Toning Tool”
That Can Fit In Your Back Pocket... Firms Tightens And
Sculpts Your ENTIRE Body FASTER Than Boring Gym
Workouts Or Painfully Long Cardio...**

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**Did you like the
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Then you'll love this!**



**Get Flat Abs— Lean Legs— And A Firm
Butt WITHOUT Ever Lifting Another Clunky
Heavy Weight At The Gym Again...**

<http://www.FirmandTight.com>

NOTES

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ABOUT THE AUTHOR

Tonya is a Mum to 3 amazing kids. She is a former international competitive Figure Athlete having represented both Canada & New Zealand.

She is also a board certified holistic health practitioner, and for the past 25 years has worked as a fitness and nutrition coach, as well as a nutrition therapist, helping individuals to not only reach their goals, but understand what the reasons are for why they get “stuck.”



“I don’t believe in deprivation, restrictive dieting and hours of cardio. Becoming more fit and healthy should also be enjoyable for you and it should create a better, happier balance in your life. What I do believe in, is living a life that makes you happy and has you feeling fulfilled.

I believe in living a life that continues to keep you feeling inspired. I believe in sustainability. I believe in eating cake . . . not the whole cake of course! I believe we are all here to enjoy those moments in life that are about celebration, family and friends, free from guilt...but to authentically enjoy.

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