

# STONE FROM HOME

[ 4 Week Full Body Resistance  
Band Workout Guide ]



# WELCOME & PROGRAM OVERVIEW

Welcome to your 4-Week Resistance Band Workout Guide  
**Stronger. Fitter. Right where you are.**

**This program was designed to help you tone your body, build strength, and boost flexibility using one powerful tool:** The Hot Shapers Resistance Band Set. Whether you're a beginner or just getting back into your routine, these workouts meet you at your level—no gym required. You'll train smarter using our TensionTech™ bands, designed to create constant resistance that activates more muscles with every rep. If you don't have bands yet, you can still follow along using your body weight. But for maximum results? Add the bands in.

## **WHAT TO EXPECT:**

- 4 Weeks of Full-Body Workouts
- 5 Active Days + 2 Recovery Days per Week
- Beginner-Friendly Options + Advanced Modifications
- Total Time Commitment: 25–35 minutes per session

***Let's get moving.***

## WHAT'S INCLUDED



### Light Band

Great for warmups, mobility, and high-rep movements



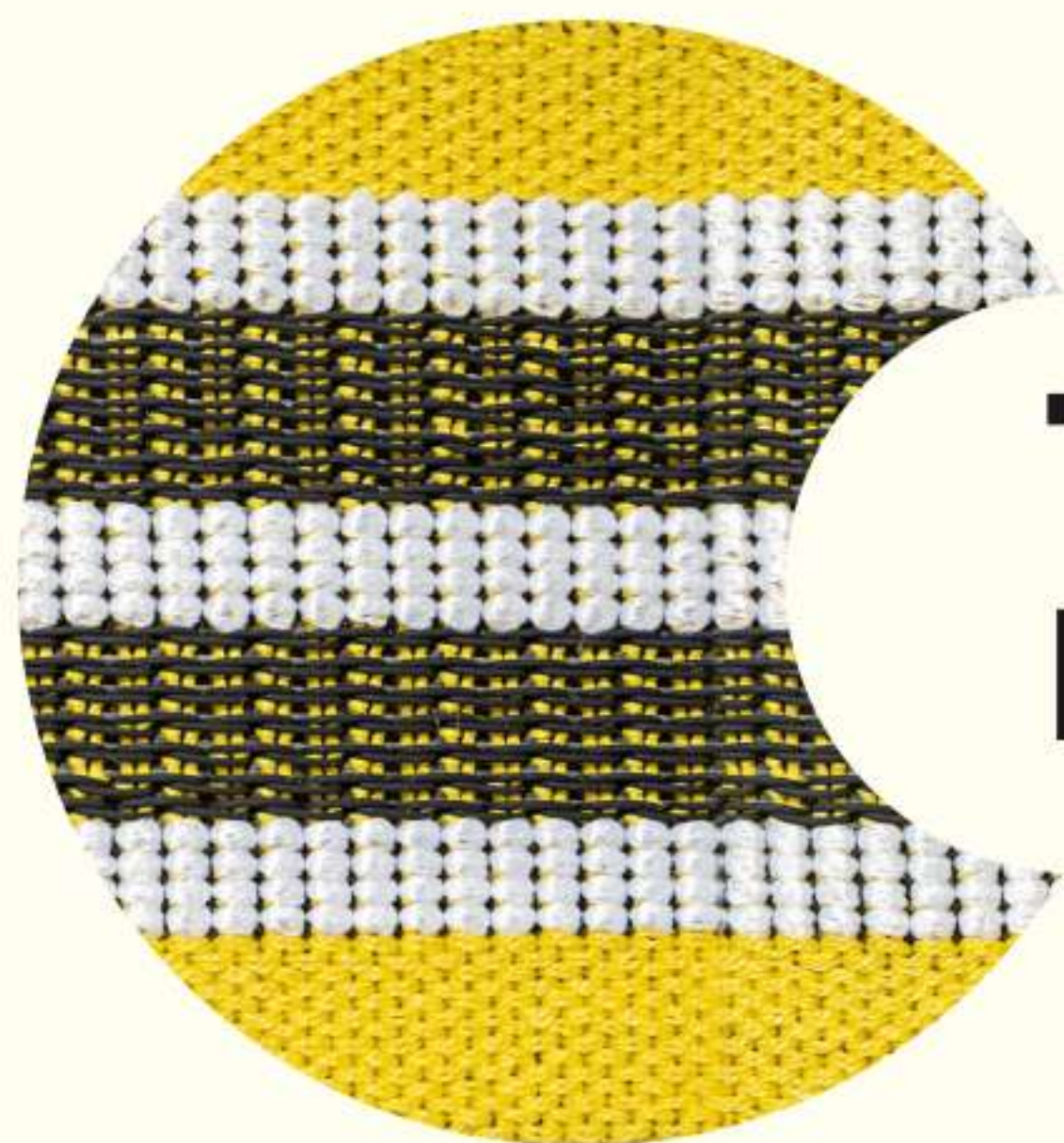
### Medium Band

Balanced resistance for everyday training



### Heavy Band

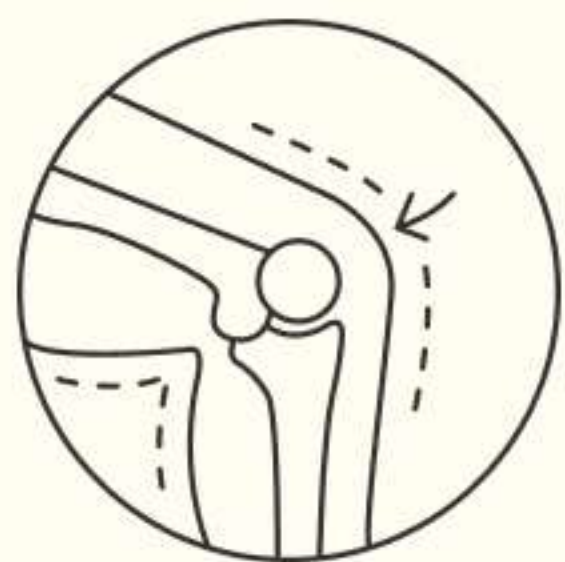
Ideal for glute, leg, and full-body strength moves



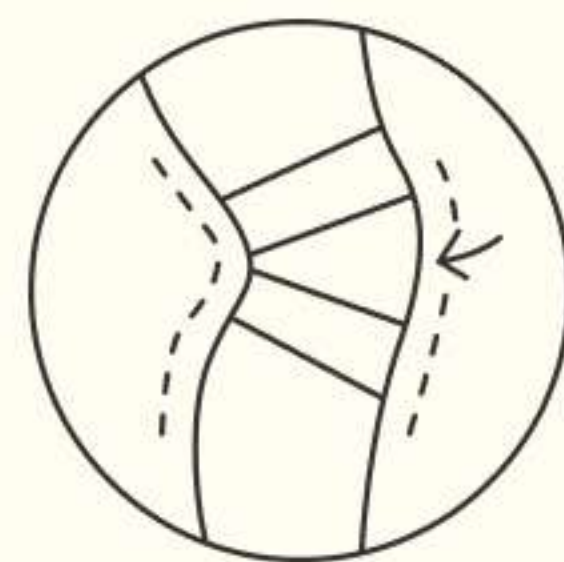
## TENSIONTECH™ ENHANCING

These bands don't just stretch—they fight back. That means deeper muscle engagement and better results, fast.

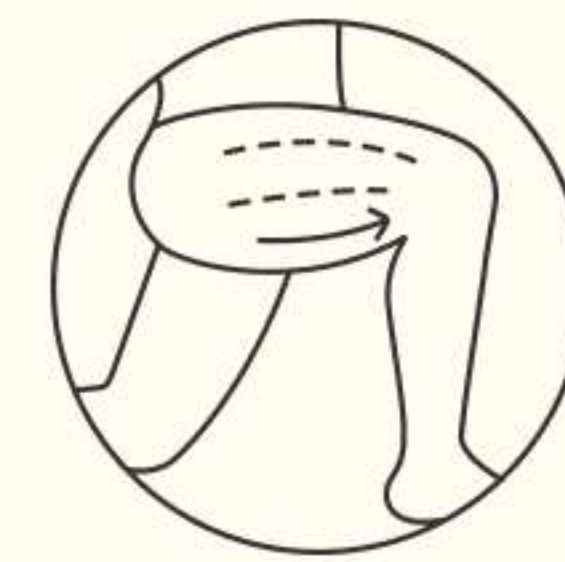
## BENEFITS YOU'LL FEEL:



Joint-Friendly  
Strength Training



Recovery Support  
& Injury Prevention



Total Body Muscle  
Activation



Boosted Flexibility  
& Mobility



Easy to Use for All  
Ages & Levels

# HOW TO USE THIS GUIDE

## Let's Talk Format

Each week includes 5 workout days and 2 rest or active recovery days. You'll focus on major movement patterns like pushing, pulling, core control, and lower-body strength. Expect variety and total-body results.

## CHOOSE YOUR INTENSITY

### Beginner

Start with 1-2 rounds per workout

### Intermediate

Go for 2-3 rounds

### Advanced

Push for 4 rounds, or add time/reps



## MOVEMENT TERMS & CUES

### What You'll See in the Guide:

#### Pulse

A small, controlled movement at the hardest part of an exercise. Think of it as an extra burn.

#### Hold

A pause at the peak of the move (e.g., top of a squat or glute bridge). Squeeze and engage.

#### Tempo / Slow

Slow down your reps to build control and increase intensity. Try 2 seconds up, 2 seconds down.



#### **Pro Tip**

Breathe steadily. Engage your core.  
And always listen to your body.

# PROGRESS TRACKER

WEEK	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
1							
2							
3							
4							

# NOTES



**WEEK 1****FOUNDATION & ACTIVATION****TARGET****Beginner: 1 Round****Advanced: 4 Rounds****3 Rounds**

Build consistency, activate major muscle groups, and start creating tension with the bands. The goal is to establish form and confidence while building a strong base.

**SCHEDULE**

**Day 1** Lower Body Activation (Glutes + Legs)

---

**Day 2** Upper Body Sculpt (Back, Shoulders, Arms)

---

**Day 3** Core + Stability

---

**Day 4** Lower Body Strength

---

**Day 5** Full Body Burn

---

**Day 6** Recovery & Mobility

---

**Day 7** Rest & Reset

---



**DAY 1****LOWER BODY ACTIVATION****STANDING KICK BACK**

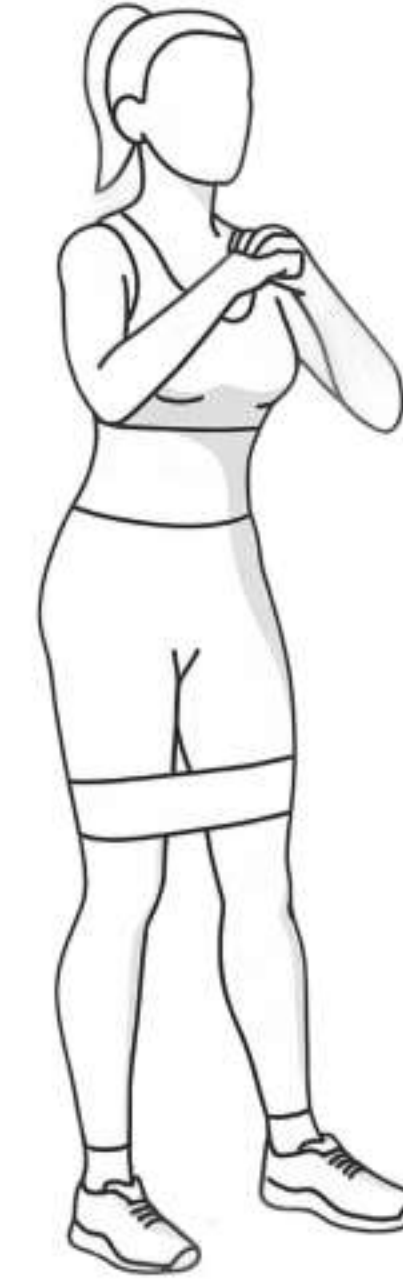
10 Reps per Side



Keep your core tight and hips stable.  
Lean slightly forward to engage glutes.

**STANDING SIDE KICK**

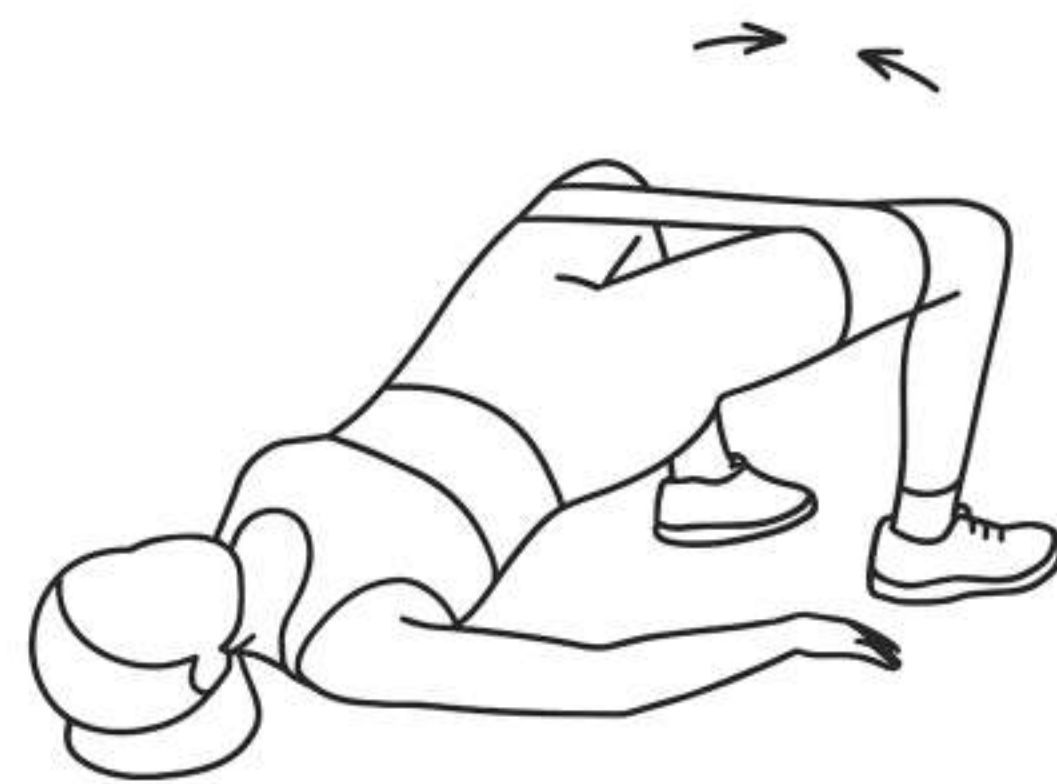
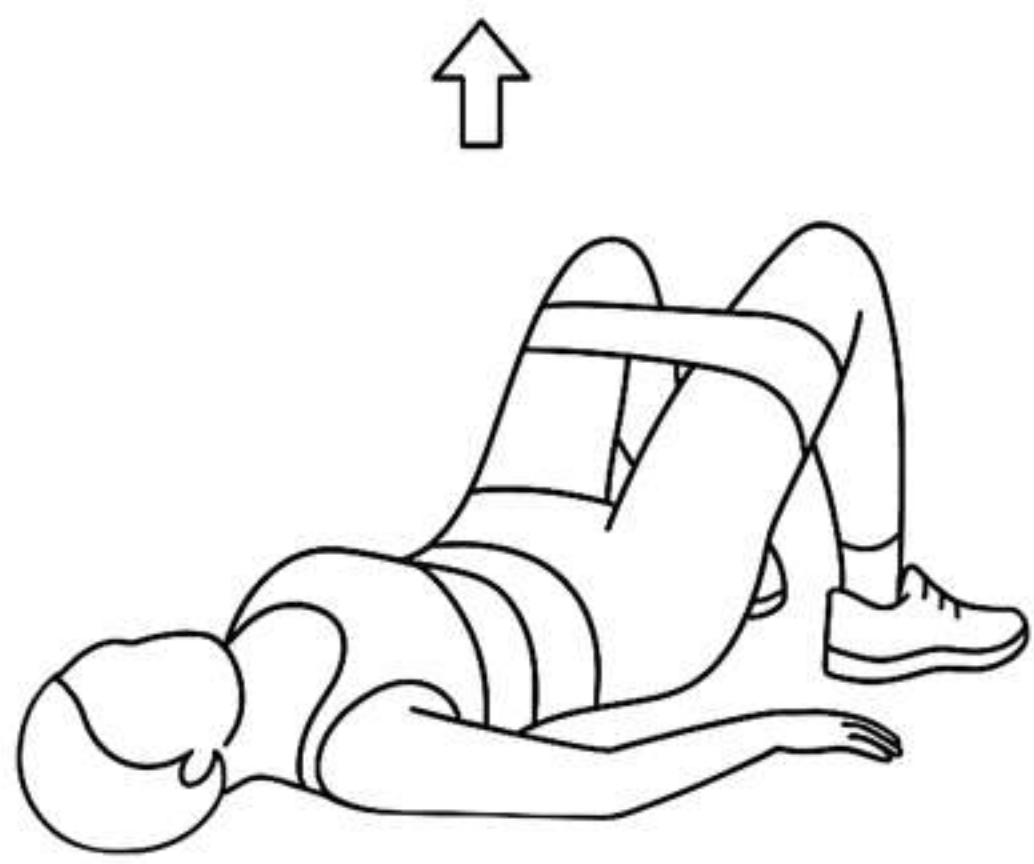
10 Reps per Side



Move with control and keep your  
leg straight. Squeeze at the top.

**GLUTE BRIDGE**

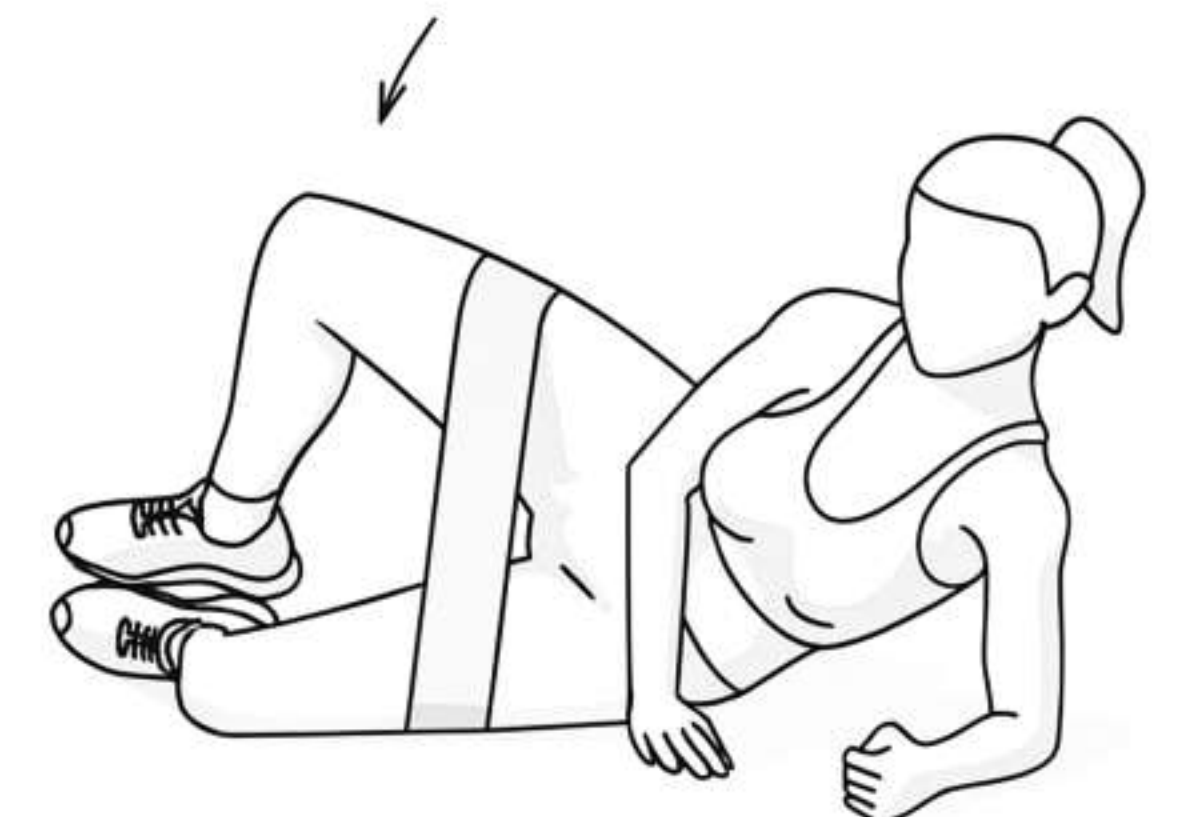
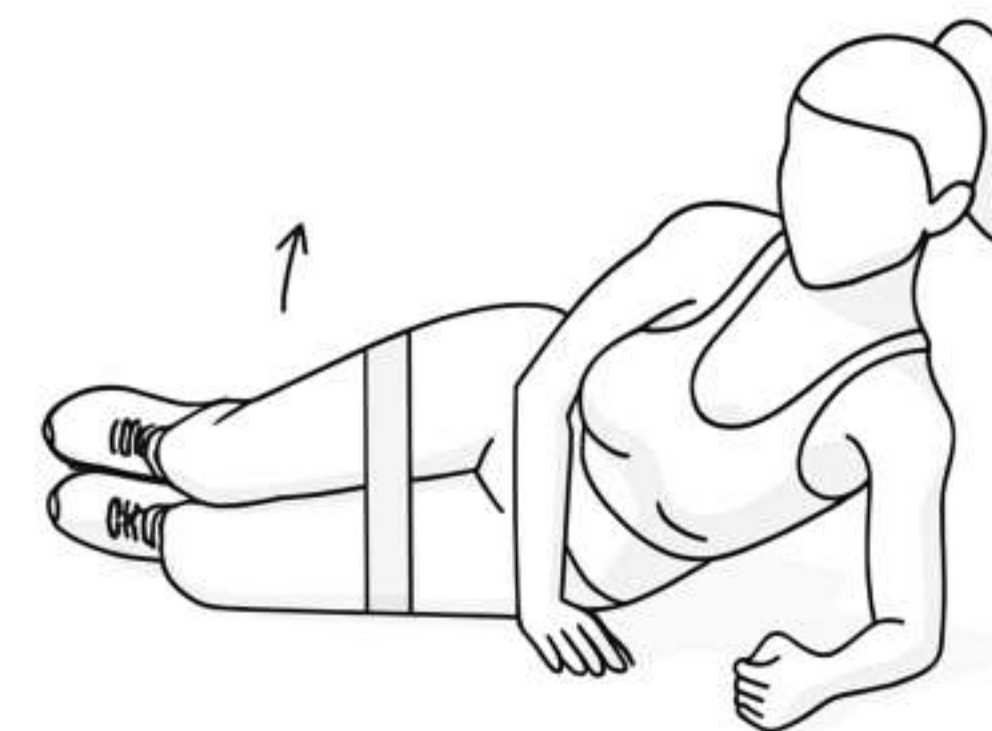
15 Reps



Press through your heels and lift your  
hips high. Squeeze your glutes at the top.

**CLAMSHELLS**

12 Reps per Side



Feet stay together. Open your knees wide  
and pause briefly at the top.

**DAY 2****UPPER BODY SCULPT****BODYWEIGHT CHEST PRESS  
(FLOOR PUSH-UPS)**

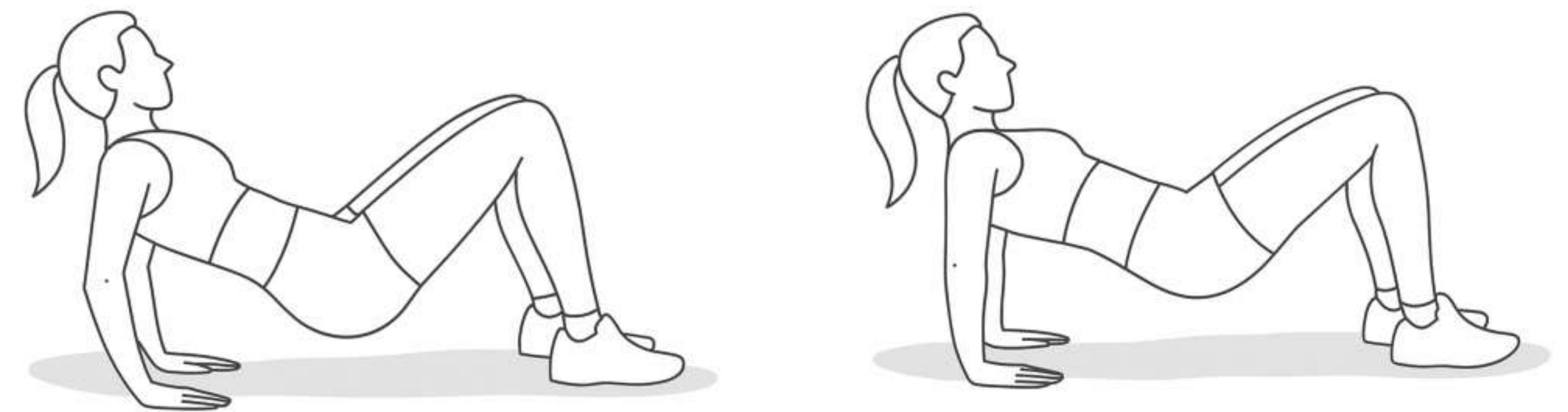
12 Reps



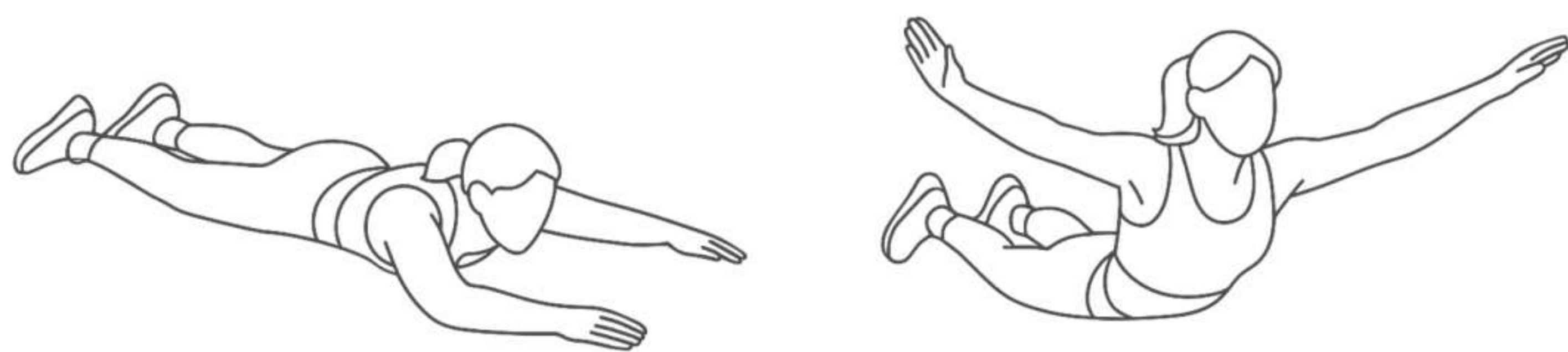
Lower your chest slowly, keeping elbows at a 45° angle, then push back up.

**FLOOR TRICEP DIPS**

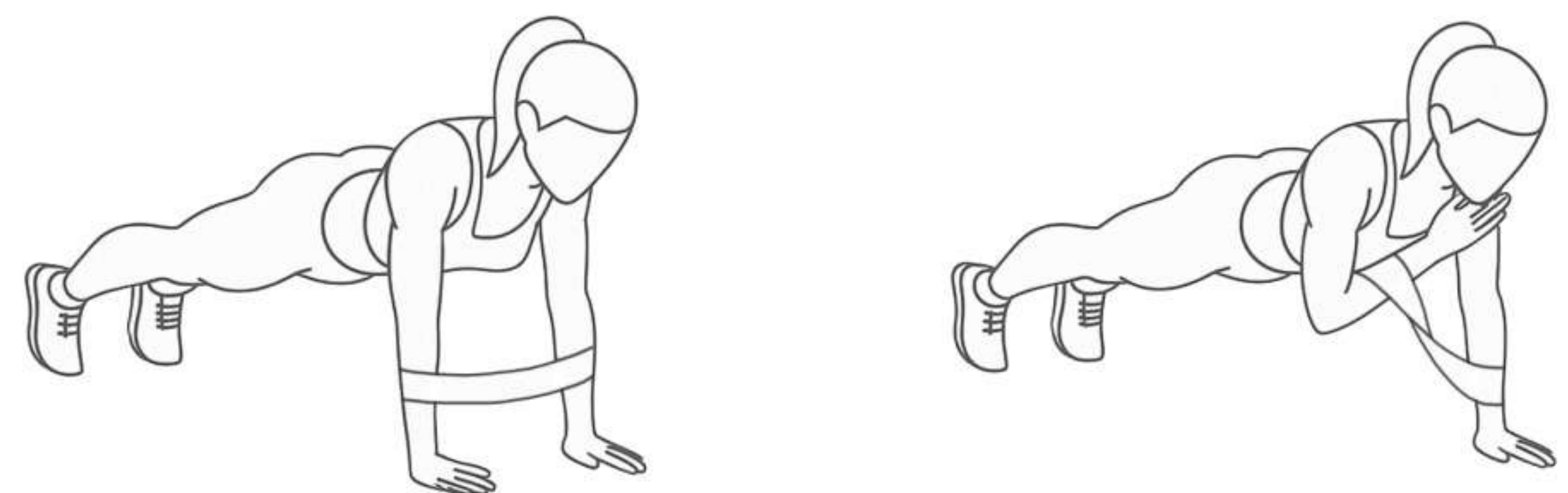
12 Reps



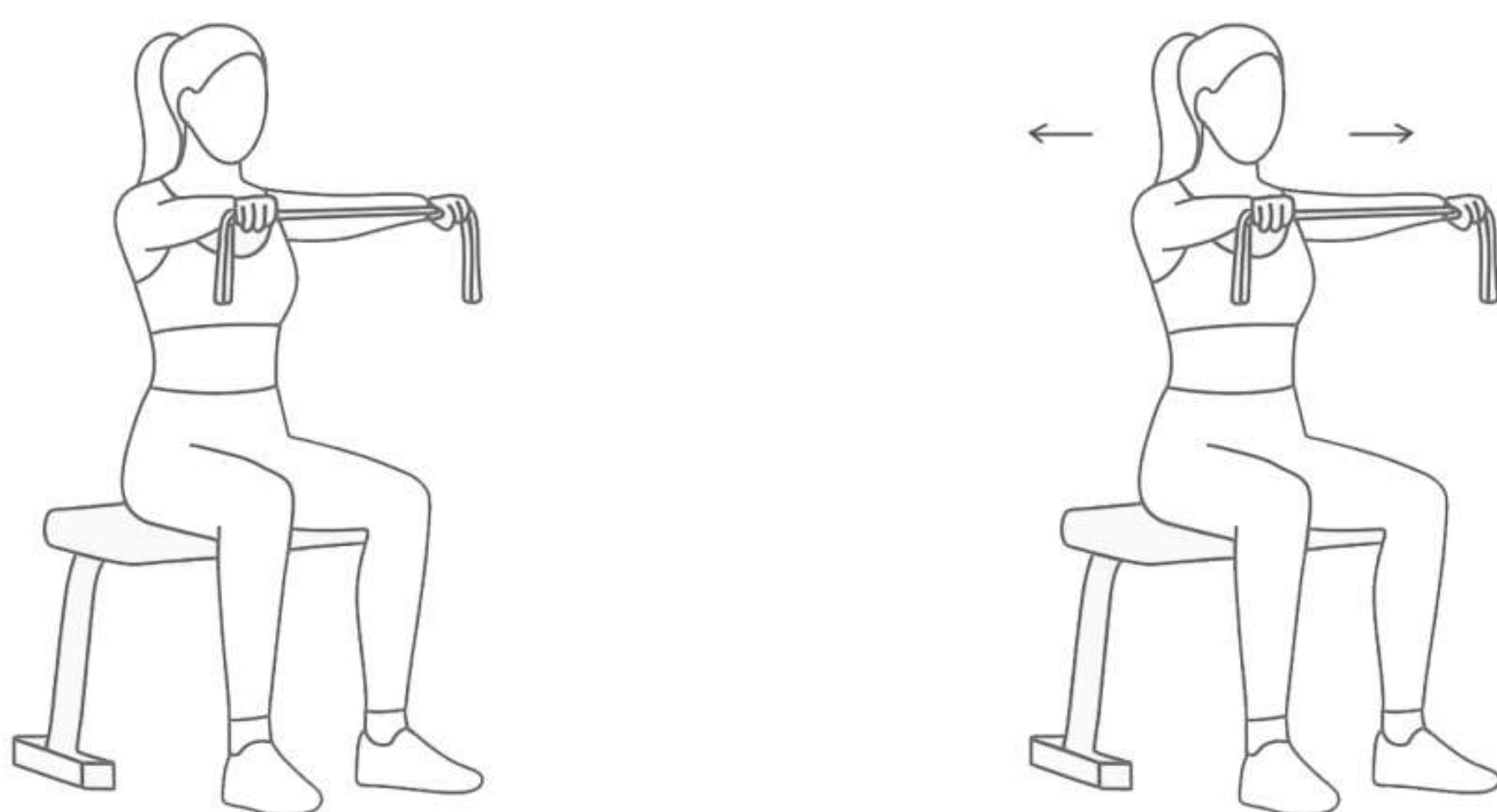
Sit with knees bent. Push hips up by straightening arms, then lower.

**BODYWEIGHT REAR DELT RAISES** 12 Reps

Lie face-down on the floor. Extend arms out in a "T". Raise arms off the ground slightly, squeezing shoulder blades together.

**PLANK WITH SHOULDER TAPS** 10 Reps

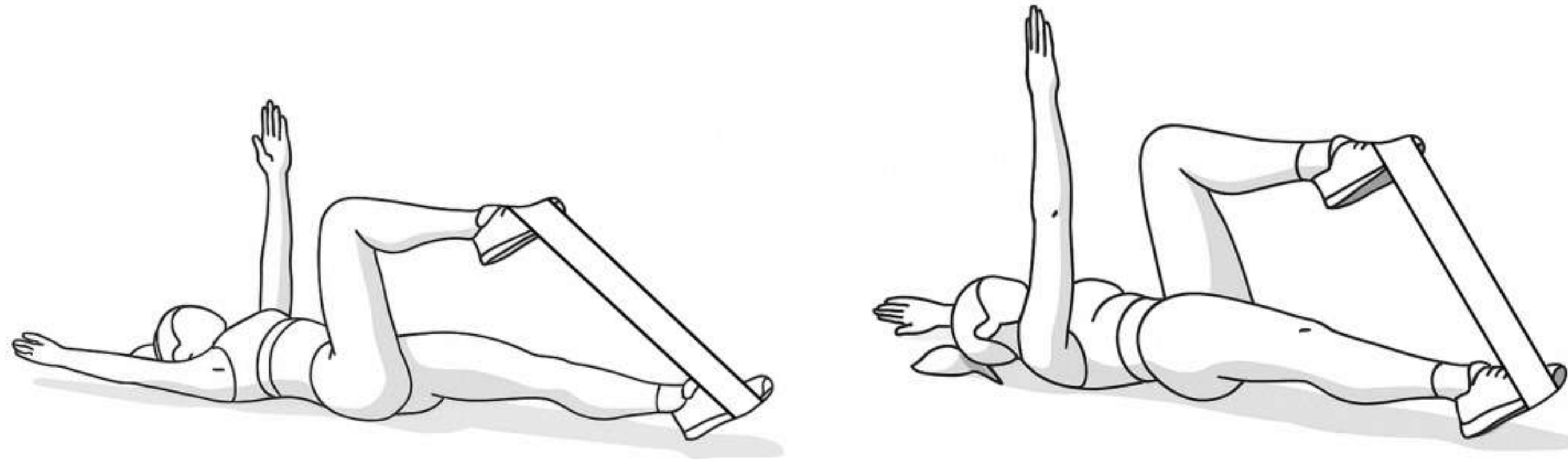
In a high plank, tap each shoulder with the opposite hand while keeping band tension.

**SEATED BAND PULL-APARTS** 15 Reps

Sit down, hold the band at shoulder height. Pull it apart, squeezing your shoulder blades.

**DAY 3****CORE + STABILITY****DEAD BUGS**  
(BODYWEIGHT)

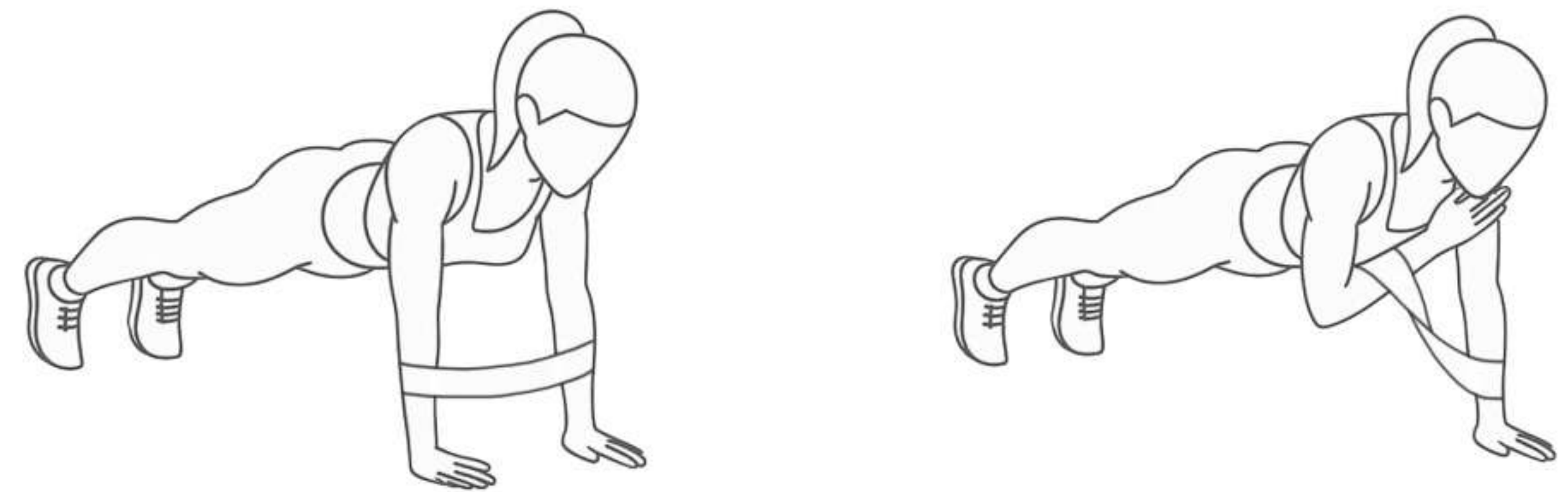
10 Reps



Opposite arm and leg extend. Keep your lower back pressed to the floor.

**PLANK WITH SHOULDER TAPS**

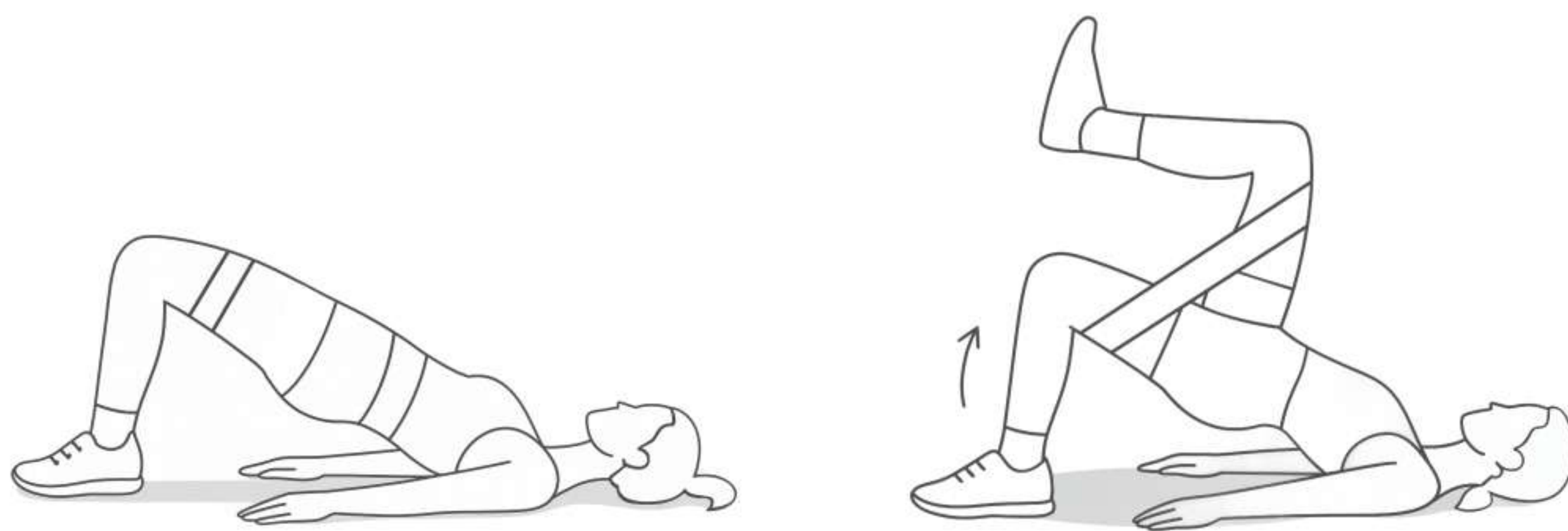
30 Sec



Minimize side-to-side sway. Tap with control.

**GLUTE BRIDGE MARCH**

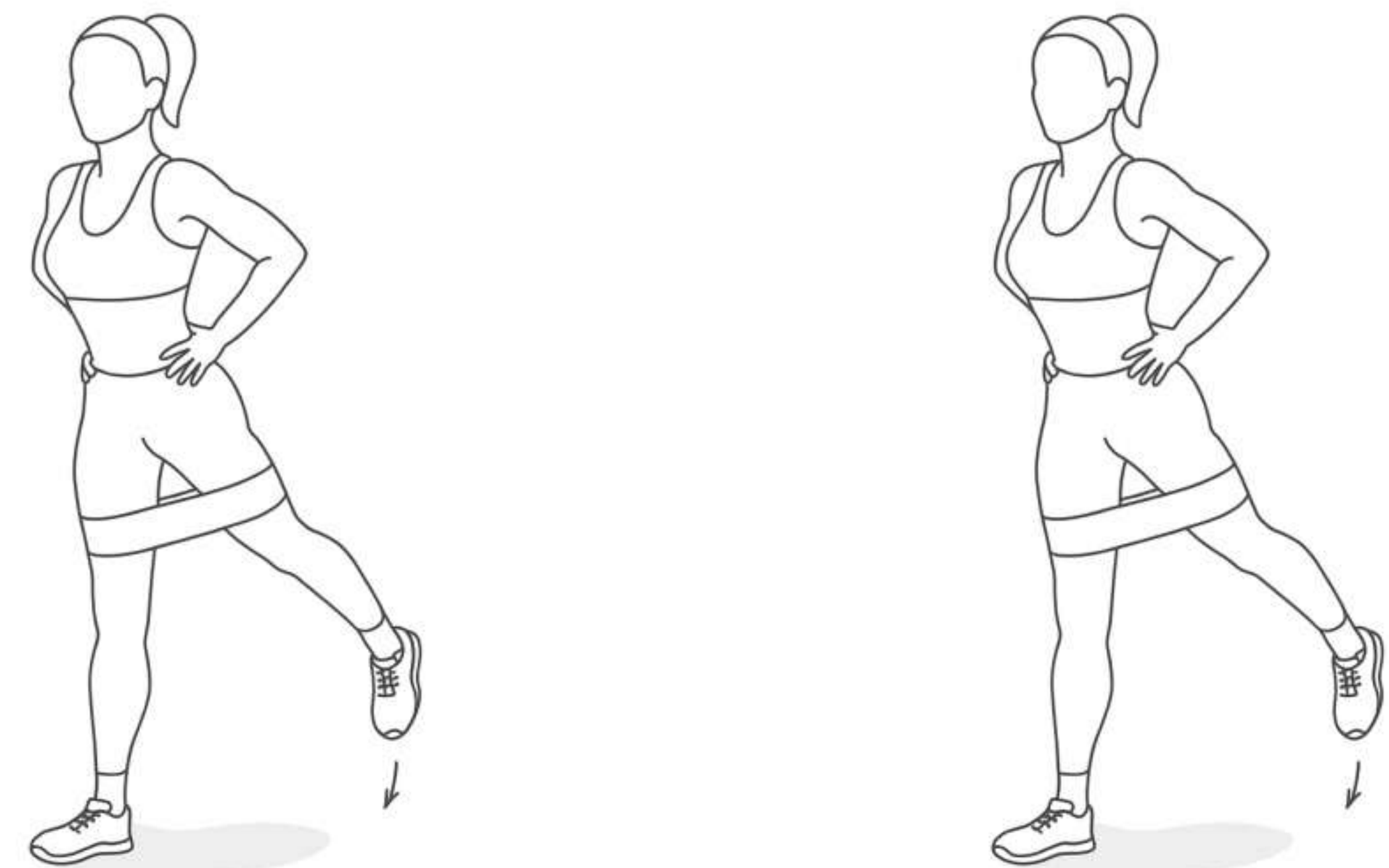
10 Reps



Lift one foot off the ground at a time while holding a glute bridge.

**BAND-RESISTED LEG DROPS**

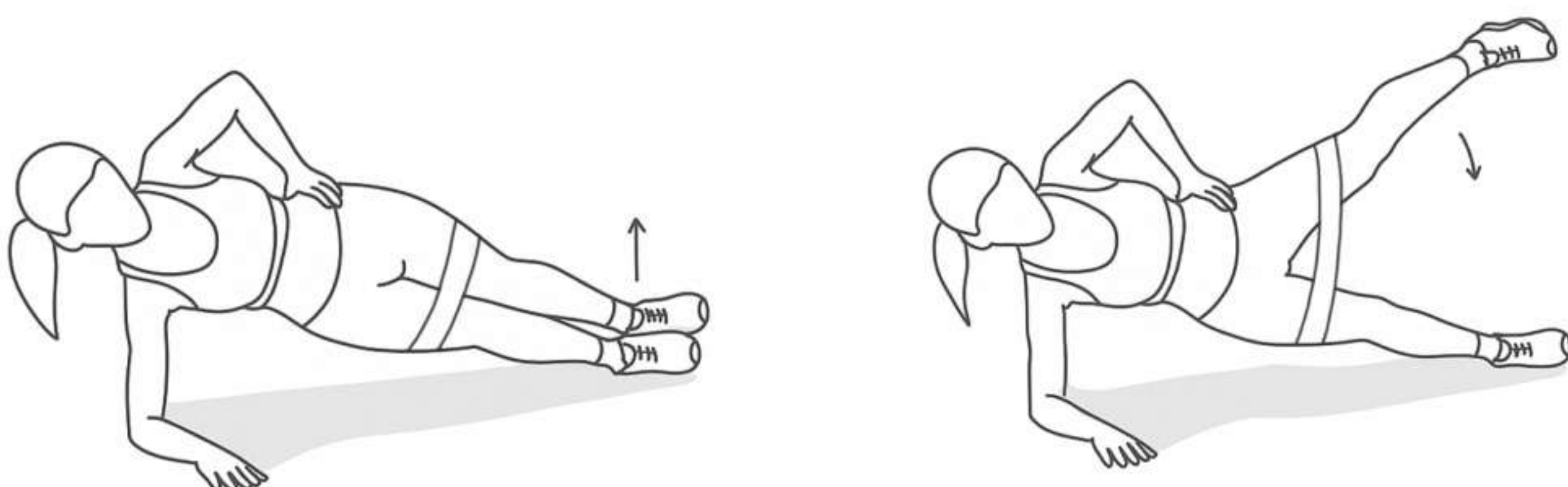
10 Reps



Keep feet flexed, core tight. Lower legs slowly and avoid arching your back.

**SIDE PLANK**  
(HOLD)

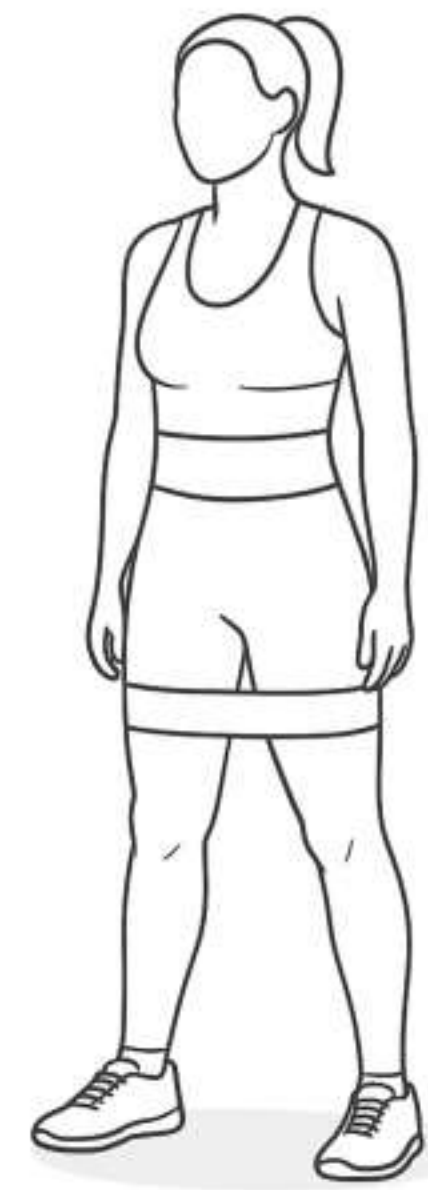
20 Sec per Side



Stack your hips and engage your obliques. Modify with bottom knee down.

**DAY 4****LOWER BODY STRENGTH****SQUATS**  
(GREY BAND)

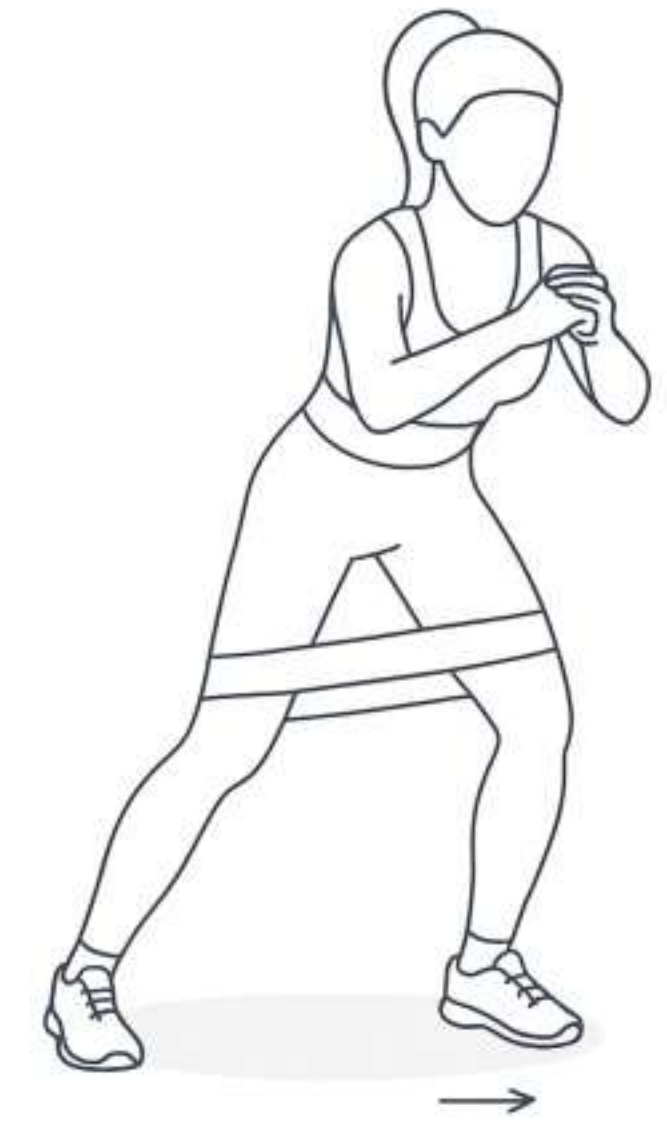
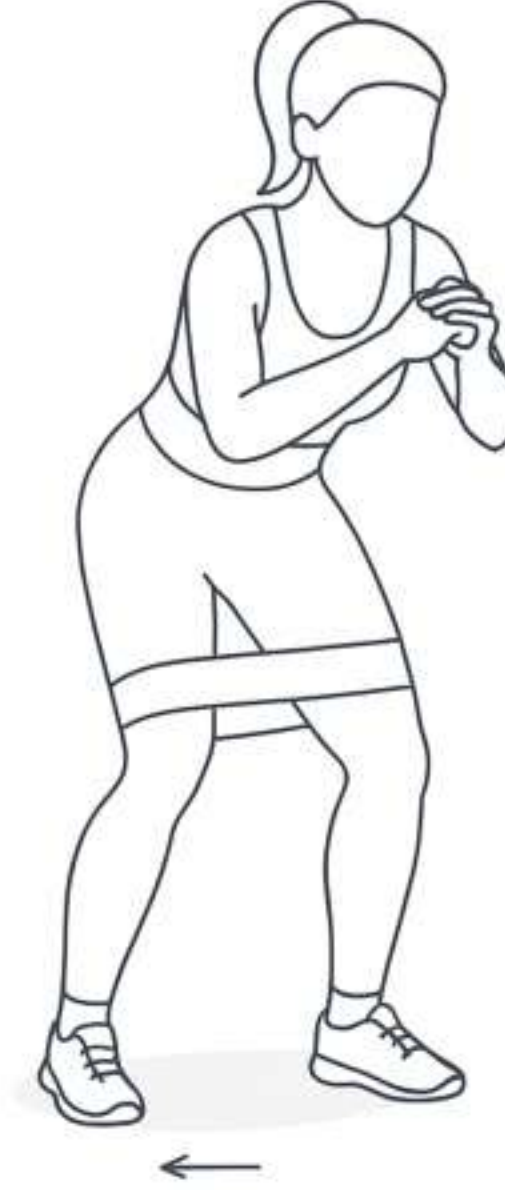
15 Reps



Sit hips back and drive knees slightly outward. Chest up, core tight.

**REVERSE LUNGES**  
(BODYWEIGHT OR BAND)

10 Reps per Leg



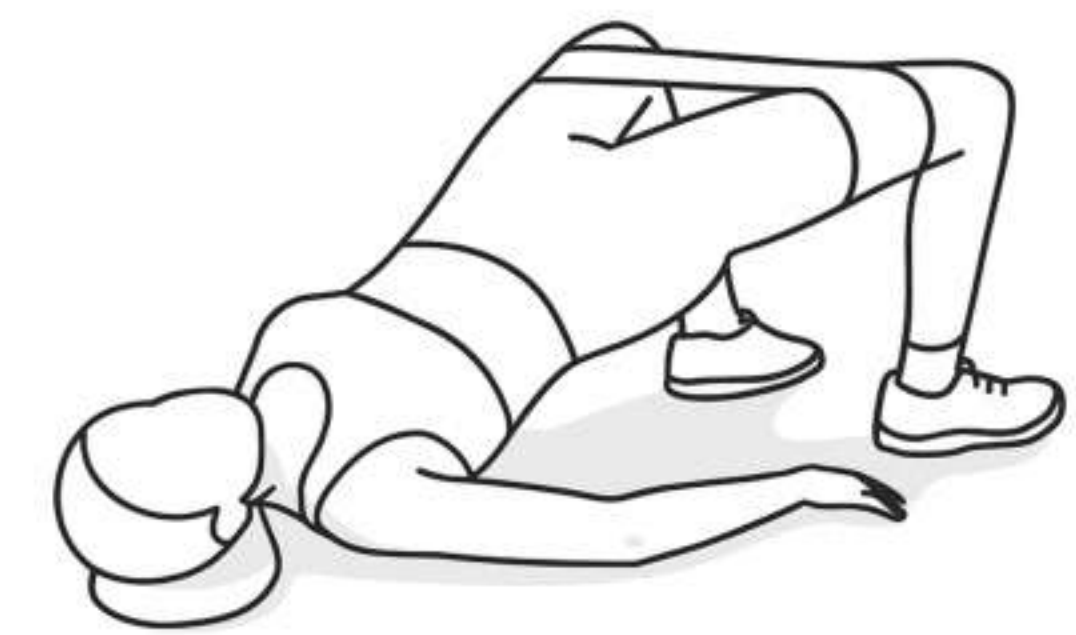
Step back and drop into 90° angles. Keep front knee stacked over ankle.

**DONKEY KICKS**  
(YELLOW BAND)

12 Reps per Side



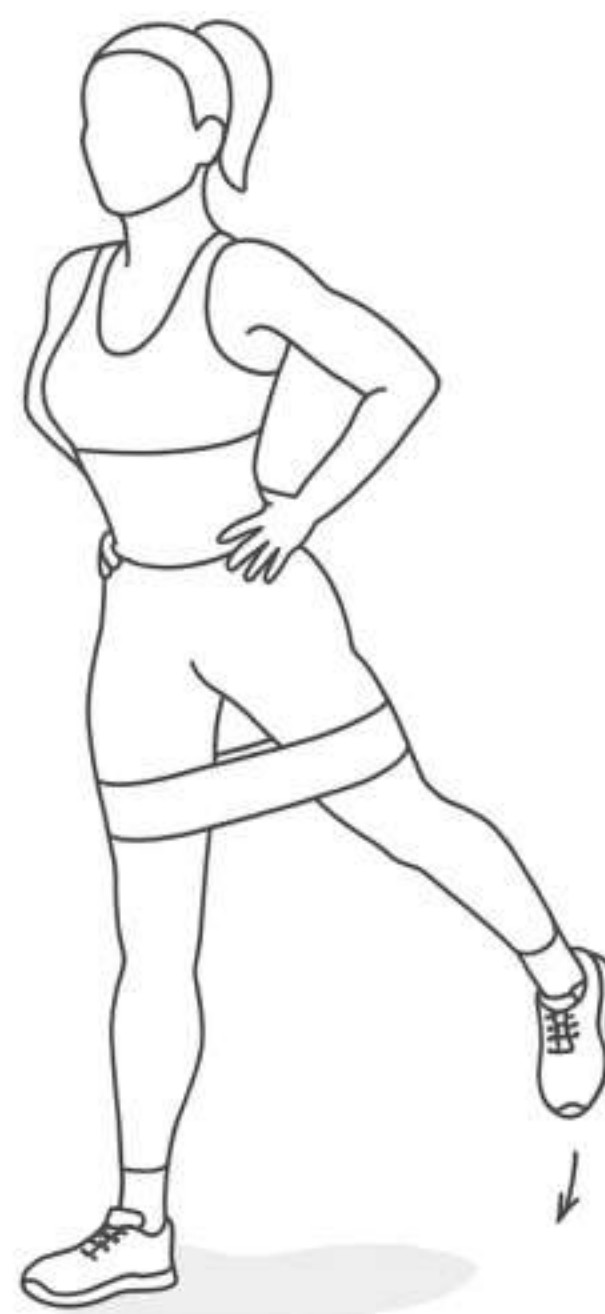
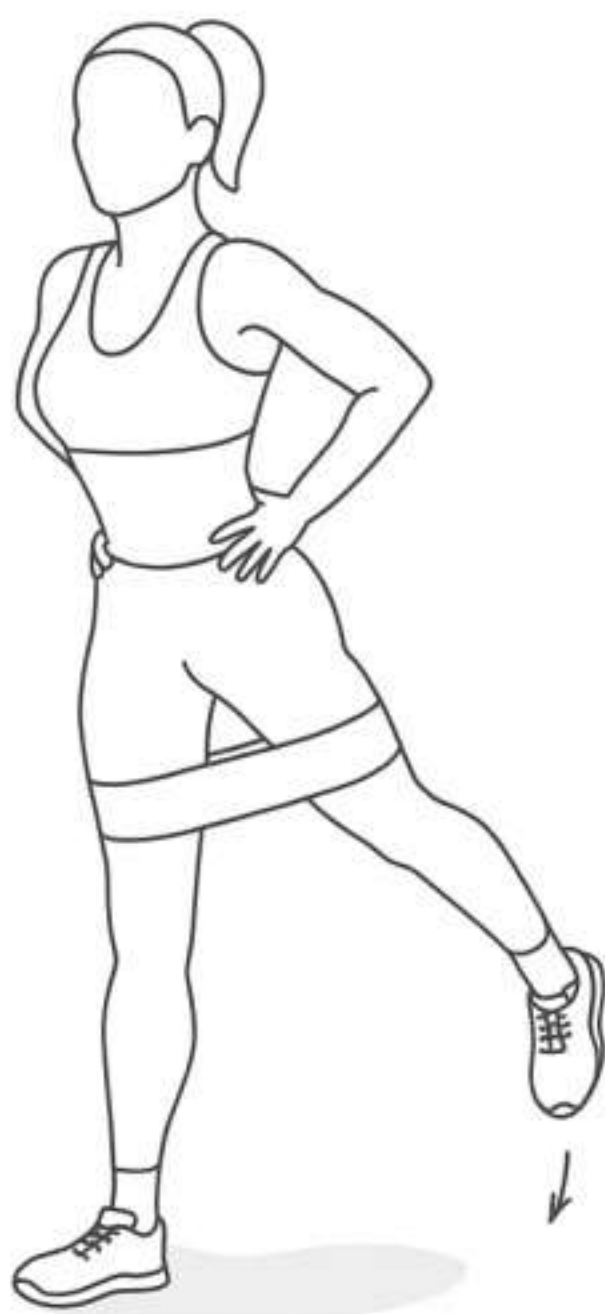
Keep hips level and core engaged. Press foot toward ceiling.

**GLUTE BRIDGE**  
**WITH ABDUCTION HOLD**10 Reps +  
10 Second Hold

At the top of your bridge, push knees outward and hold the tension.

**STANDING SIDE KICKS**

12 Reps per Side



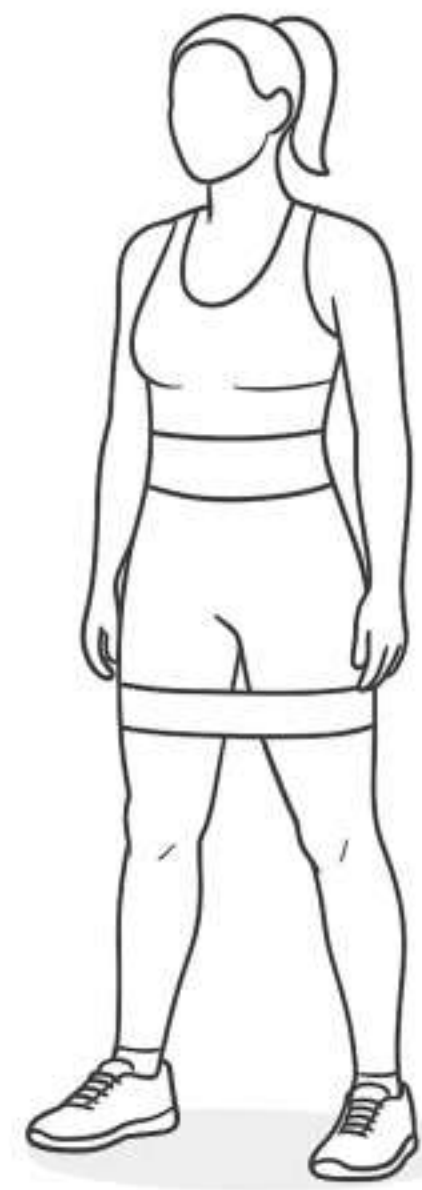
Focus on slow, controlled movement and glute activation.

**DAY 5**

**FULL BODY BURN**

**SQUAT TO PRESS**  
(YELLOW BAND)

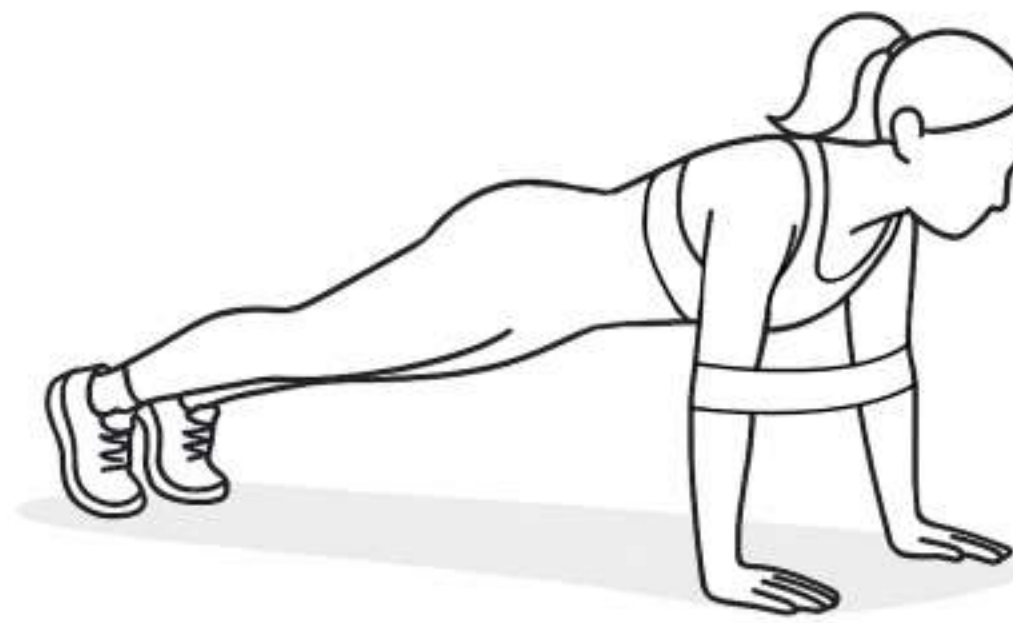
12 Reps



Perform a squat and drive up into an overhead press in one fluid motion.

**PUSH-UPS**  
(KNEES OR FULL)

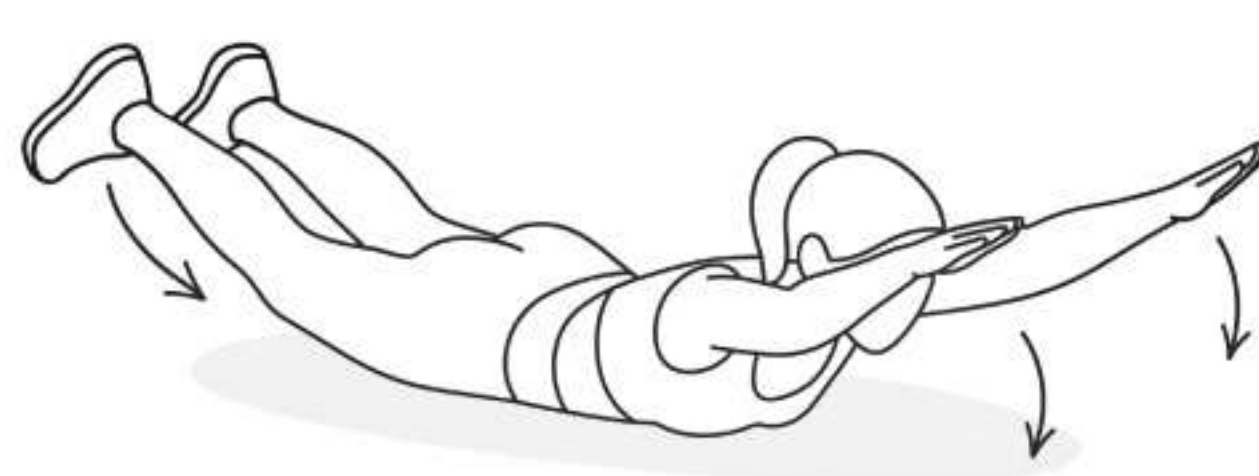
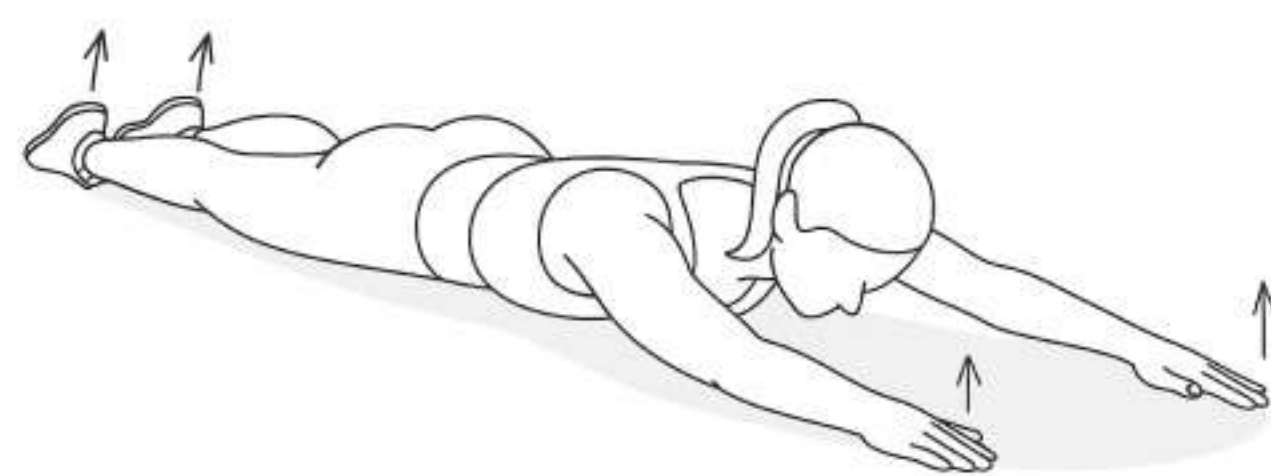
10 Reps



Elbows at 45°, lower with control. Keep your body in a straight line.

**SUPERMAN ROWS**

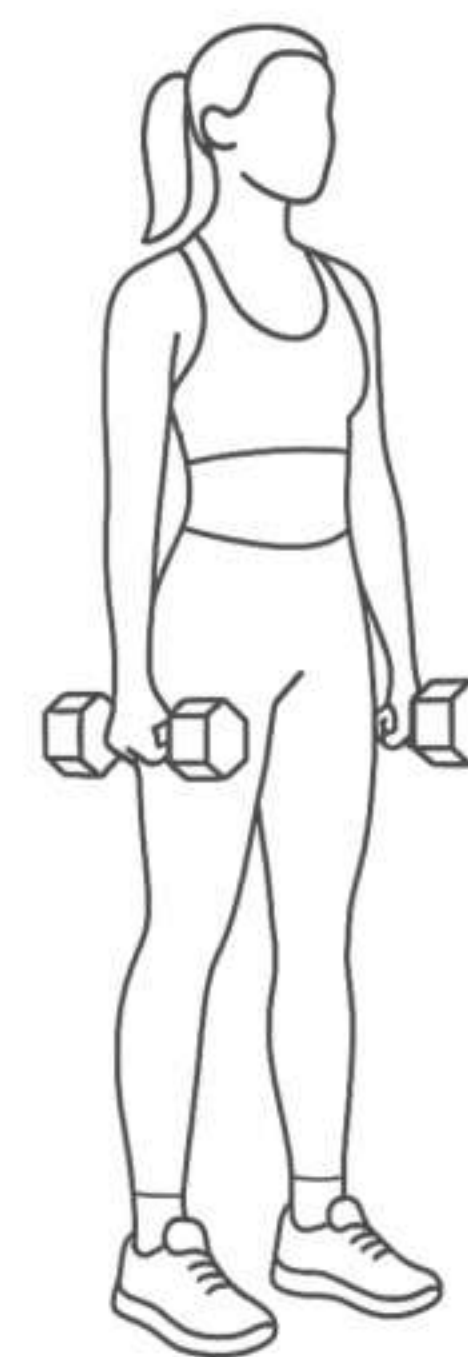
12 Reps



Lie face down, pull elbows back while lifting chest. Squeeze shoulder blades at the top.

**BODYWEIGHT REVERSE LUNGE + CURL ARMS**

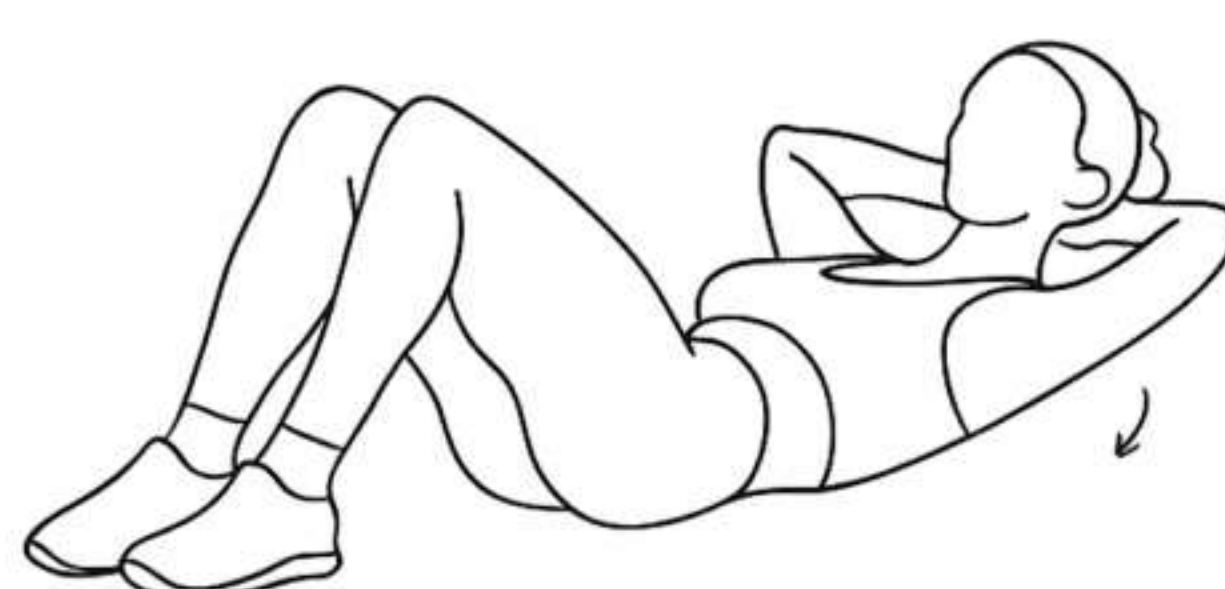
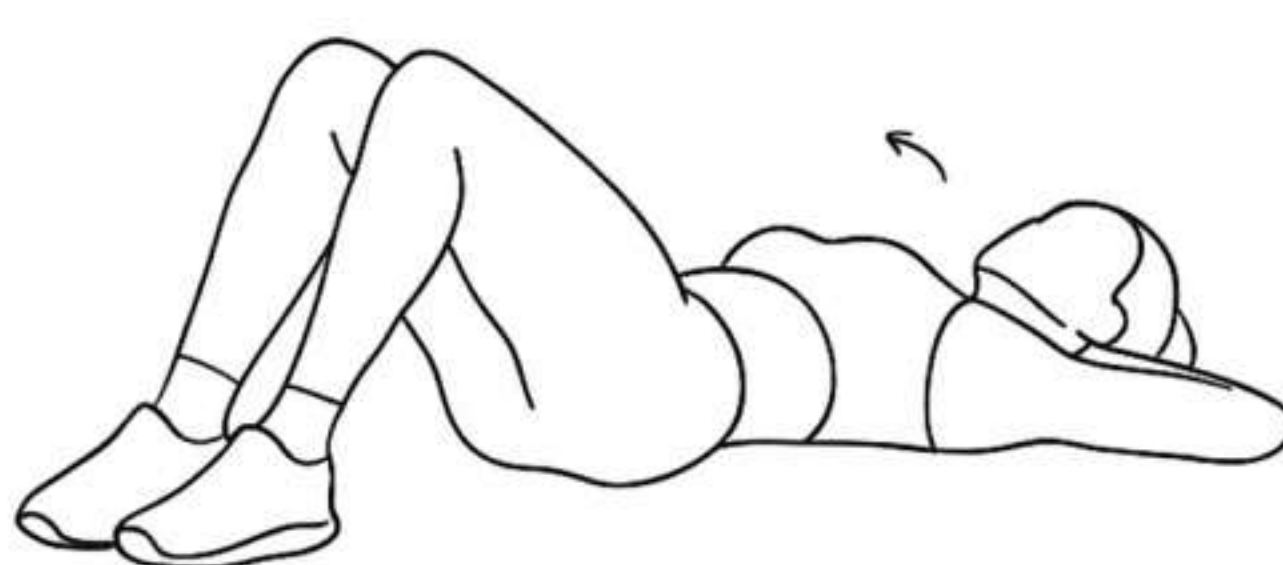
10 Reps



Lunge back and curl your arms (no band), focusing on control and balance.

**CRUNCHES**

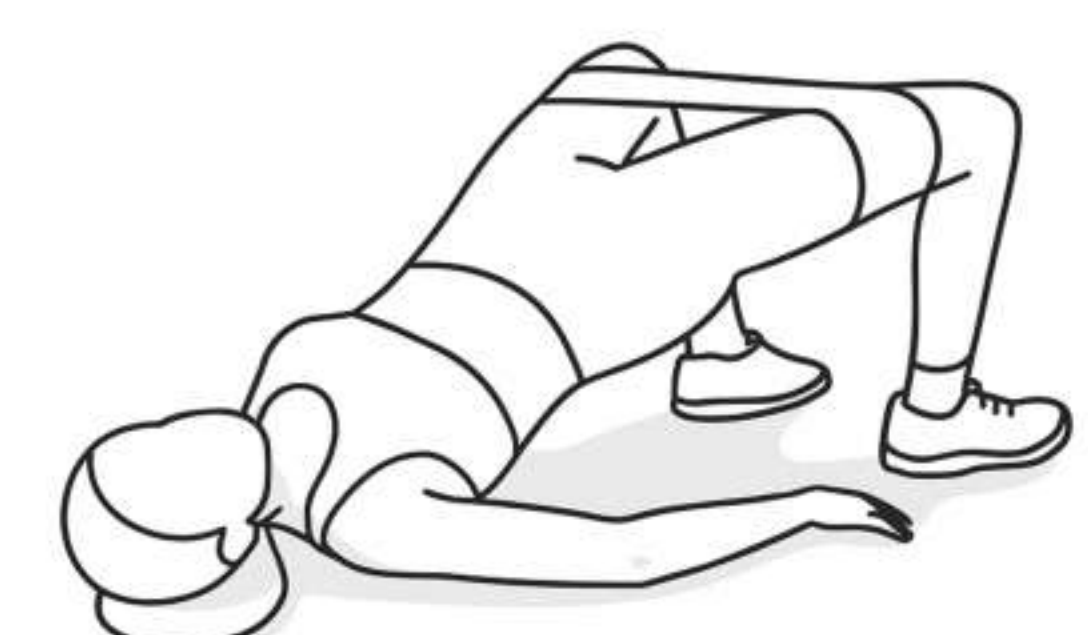
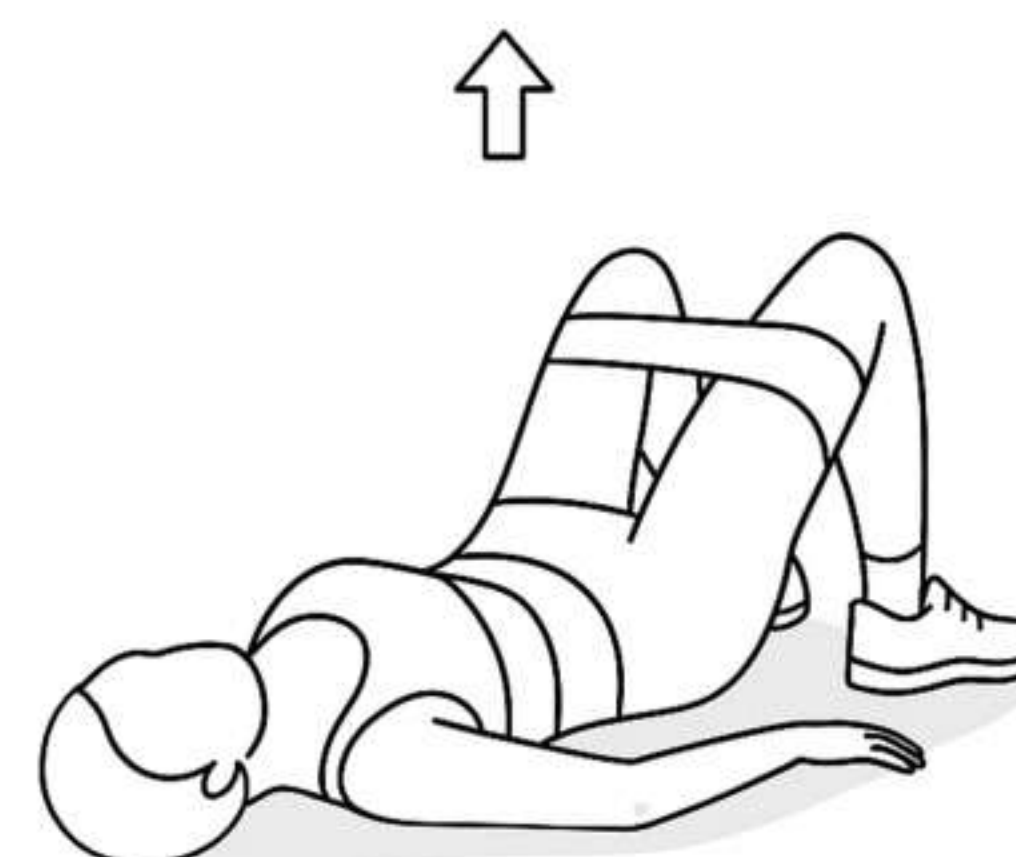
12 Reps



Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**FINISHER**  
(GLUTE BRIDGE HOLD)

30 Seconds  
with Band Tension



Squeeze and breathe!

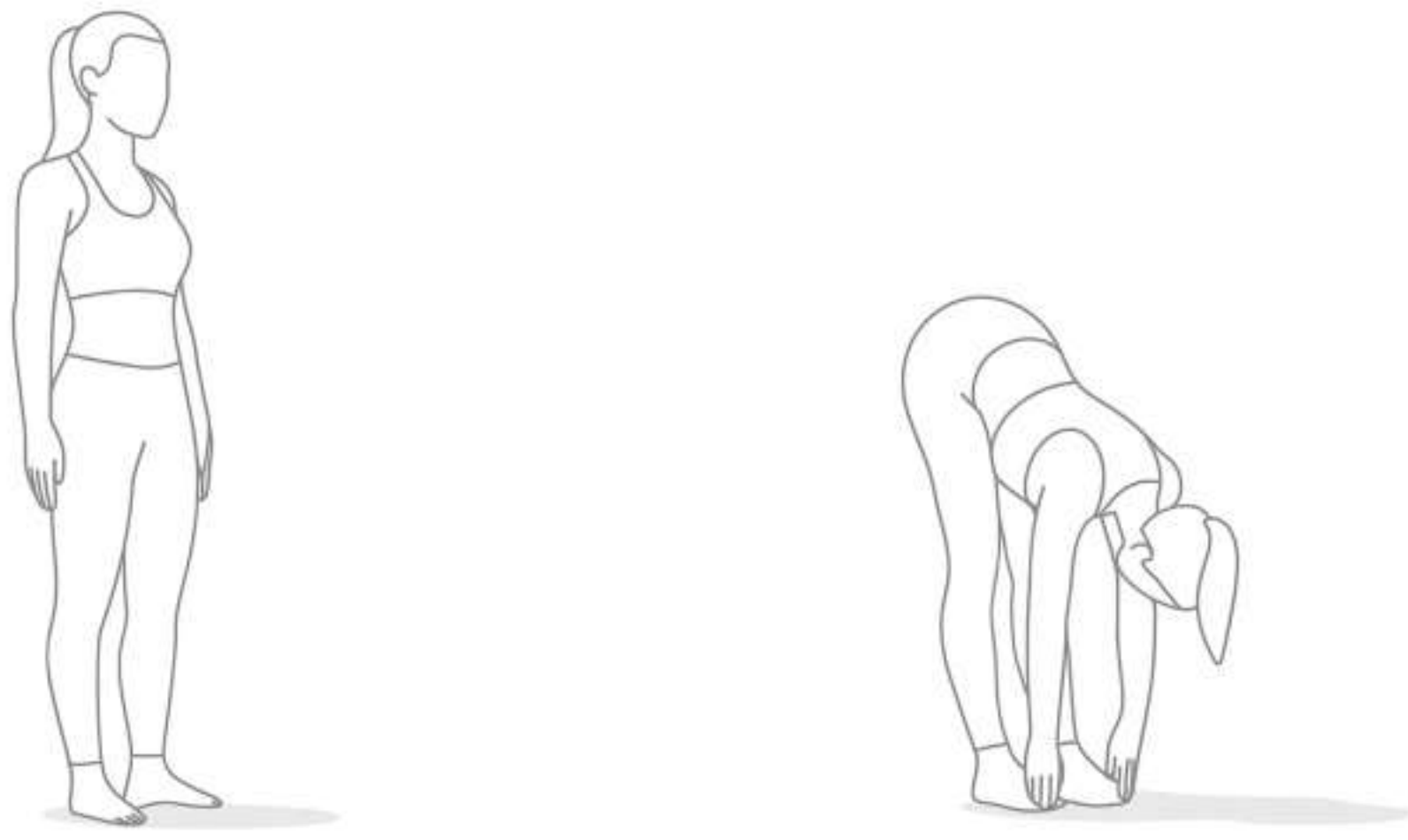
**DAY 6**

**RECOVERY & MOBILITY**

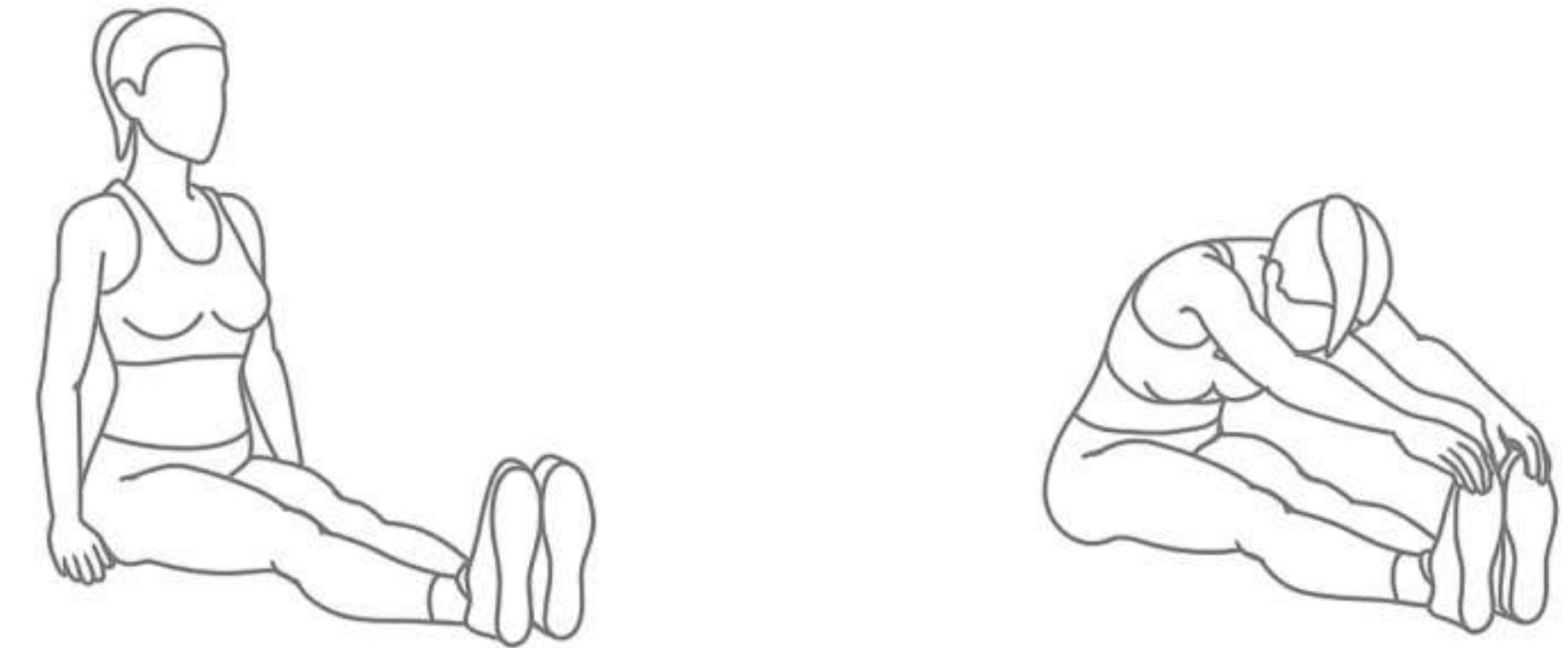
Stretch Flow

*(Hold each for 30 seconds)*

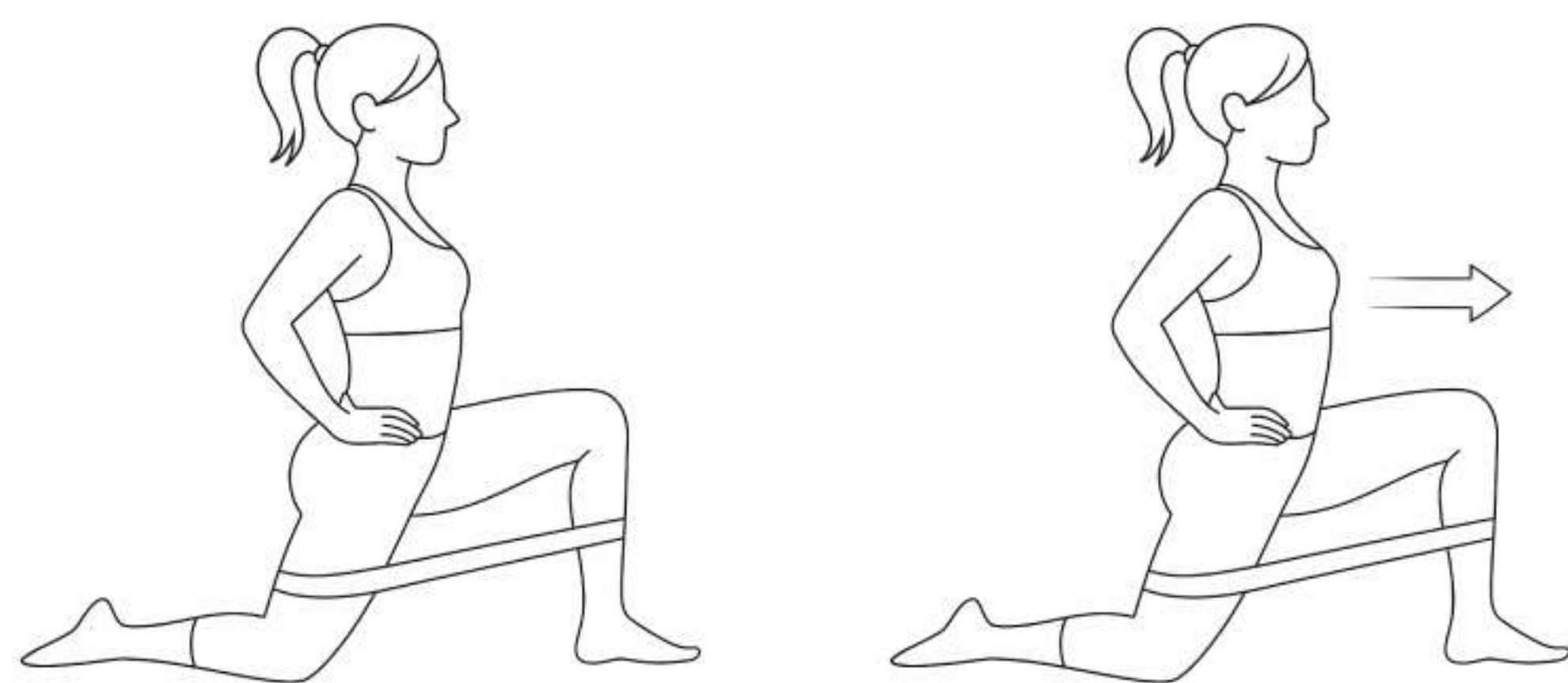
**Forward Fold**



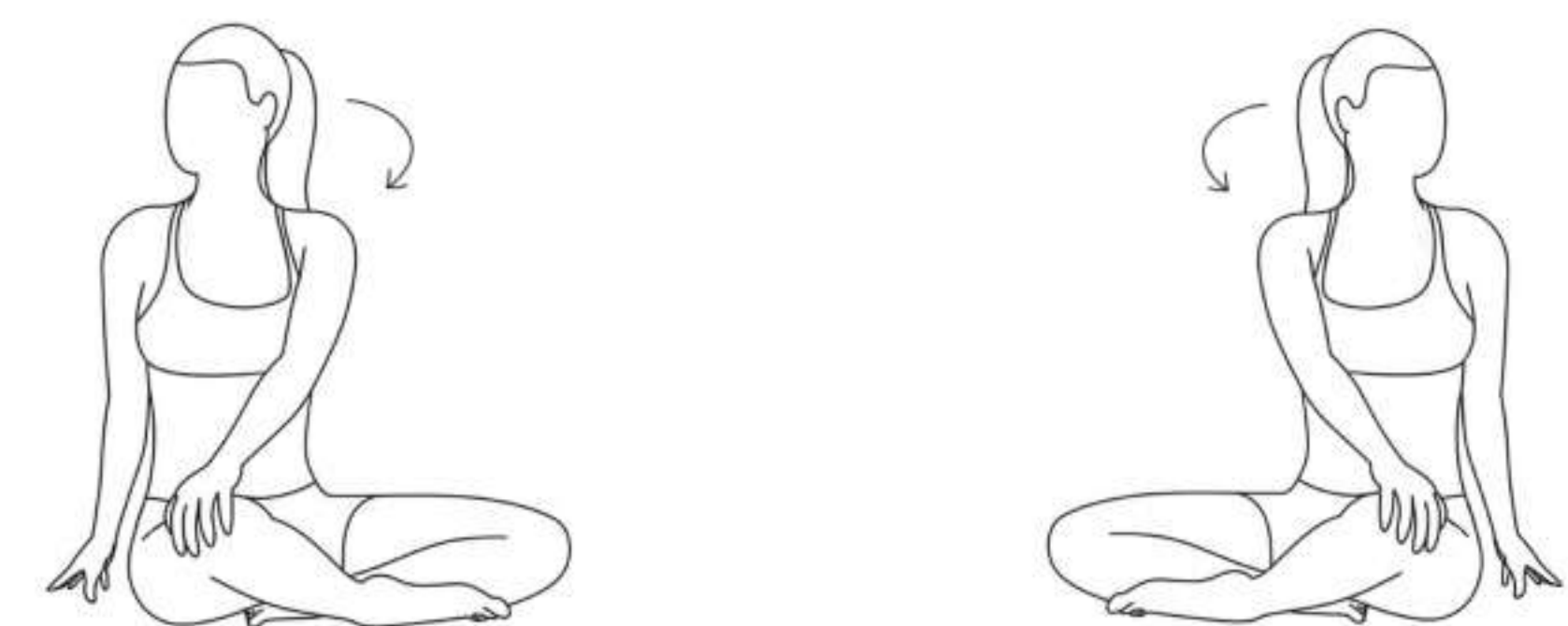
**Seated Hamstring Stretch**



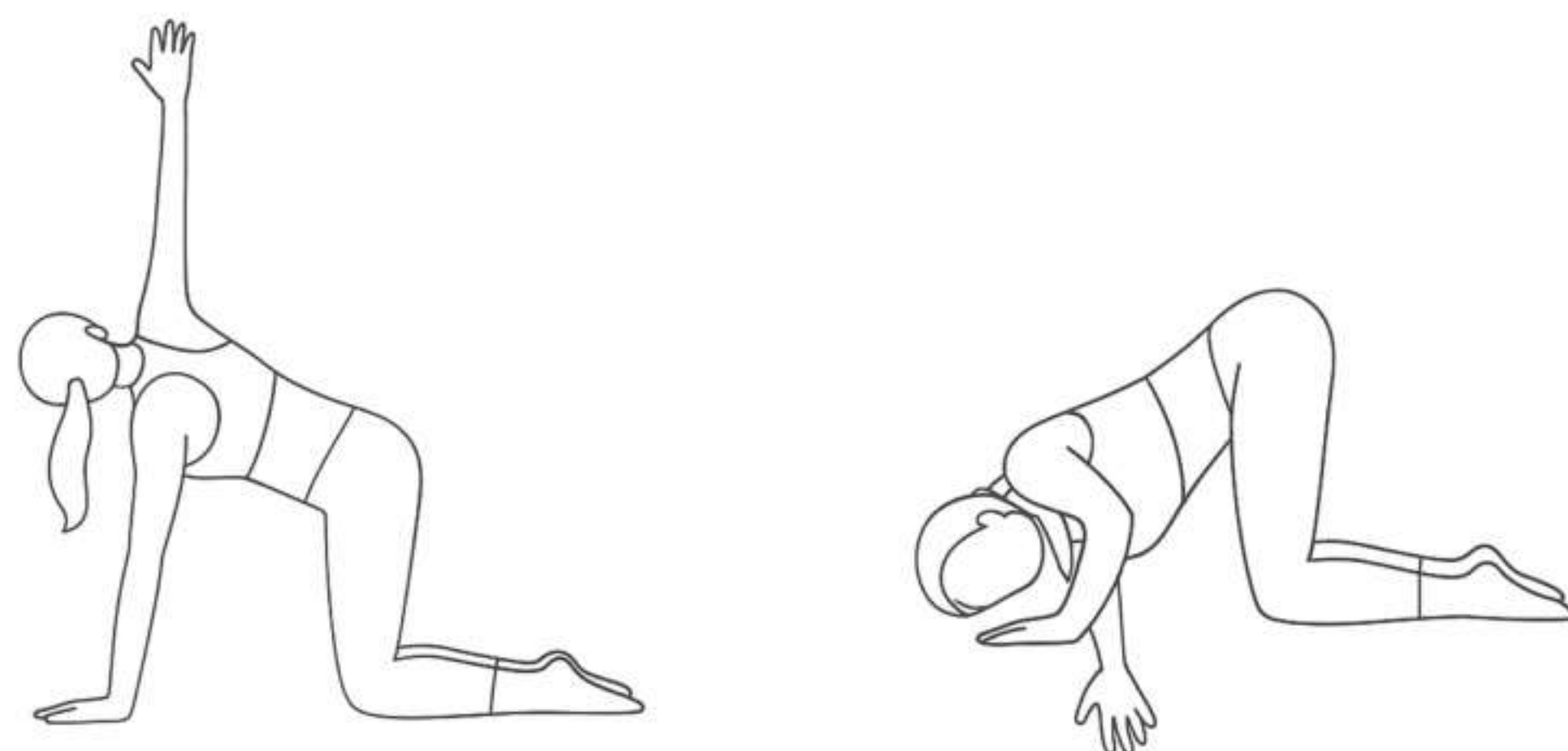
**Kneeling Hip Flexor Stretch**



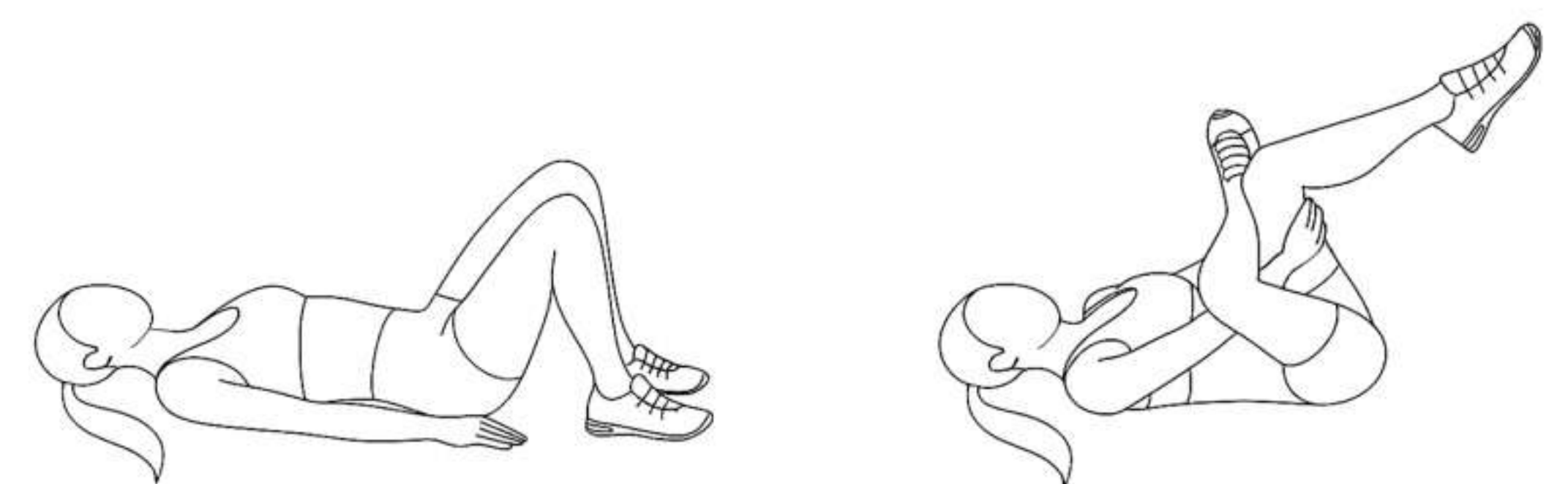
**Seated Spinal Twist**



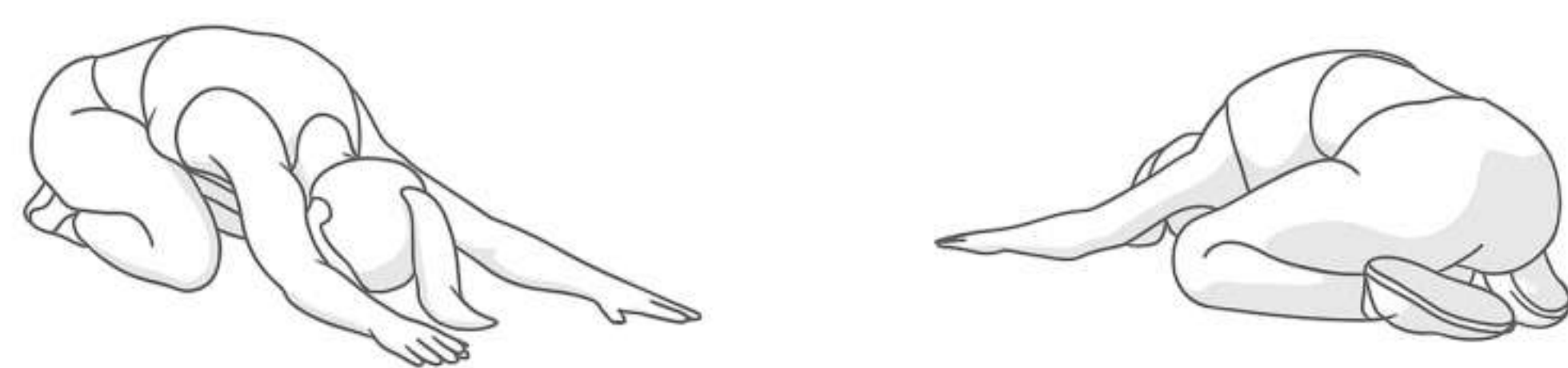
**Thread-the-Needle**



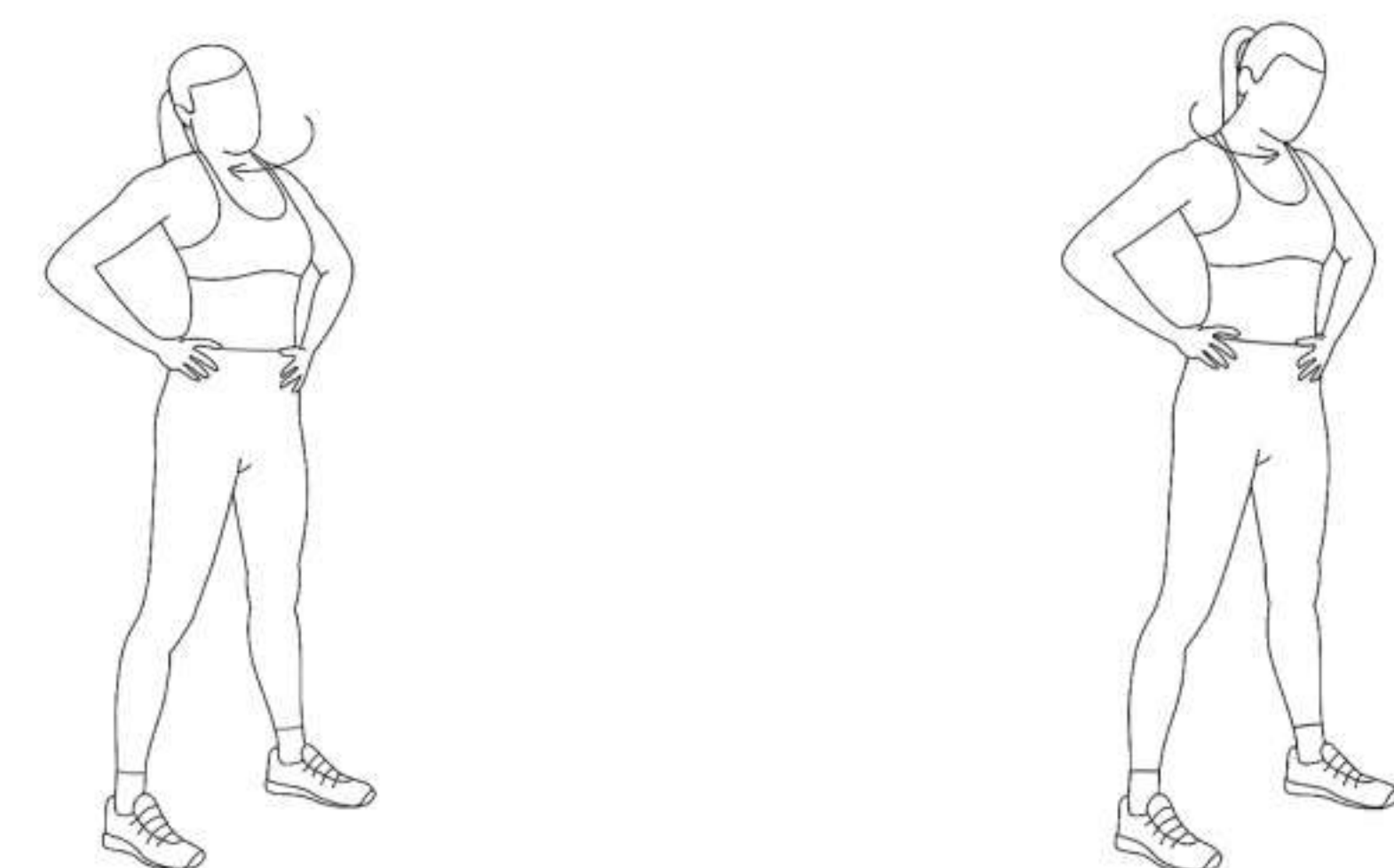
**Lying Glute Stretch**



**Child's Pose**



**Neck Rolls**



**DAY 7**

**REST & RESET**

Take a full rest day or enjoy light activity like walking, foam rolling, or gentle stretching.

**WEEK 2****STRENGTH & STABILITY****TARGET****Beginner: 1 Round****Advanced: 4 Rounds****3 Rounds**

Build functional strength, reinforce core control, and deepen resistance work with band progressions. This week introduces more dynamic movement patterns and full-body coordination to challenge both strength and balance.

**Day 8**

Glutes & Hamstrings  
(Activation + Strength)

**Day 9**

Upper Body Push  
(Chest, Shoulders, Triceps)

**Day 10**

Core & Control  
(Stability + Strength)

**Day 11**

Lower Body Power  
(Glutes + Legs)

**Day 12**

Full Body Circuit

**Day 13**

Active Recovery

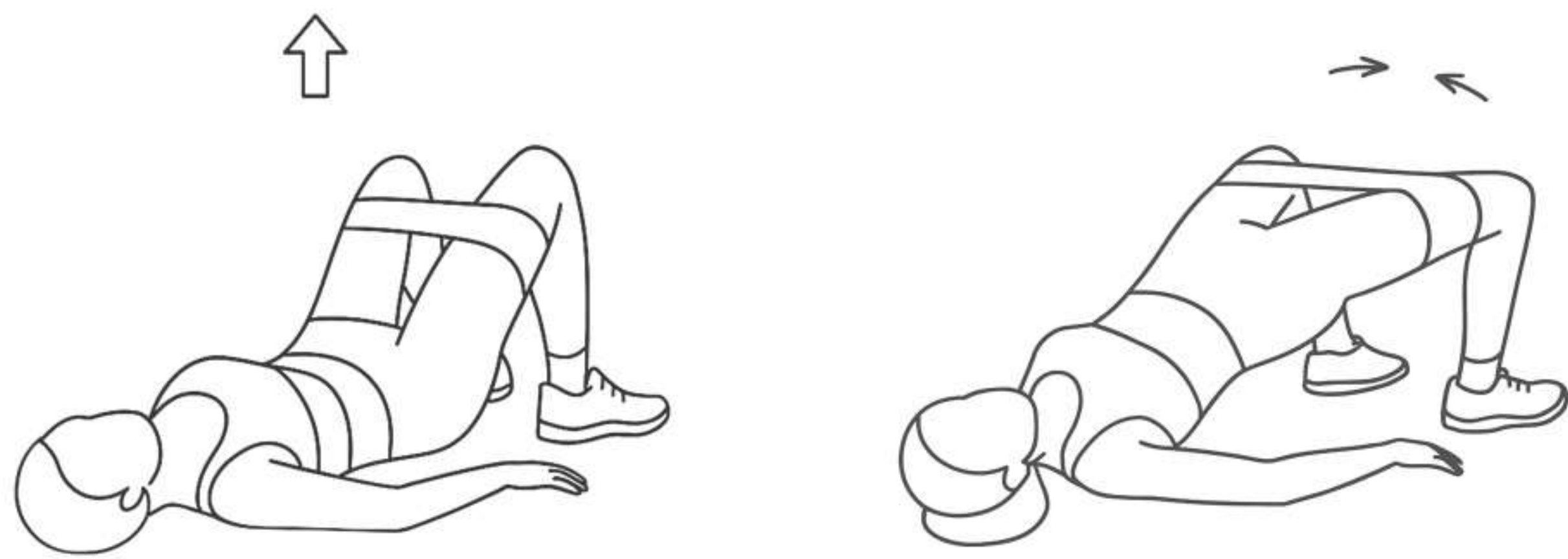
**Day 14**

Rest & Reflect



**DAY 8****GLUTES & HAMSTRINGS****GLUTE BRIDGE**

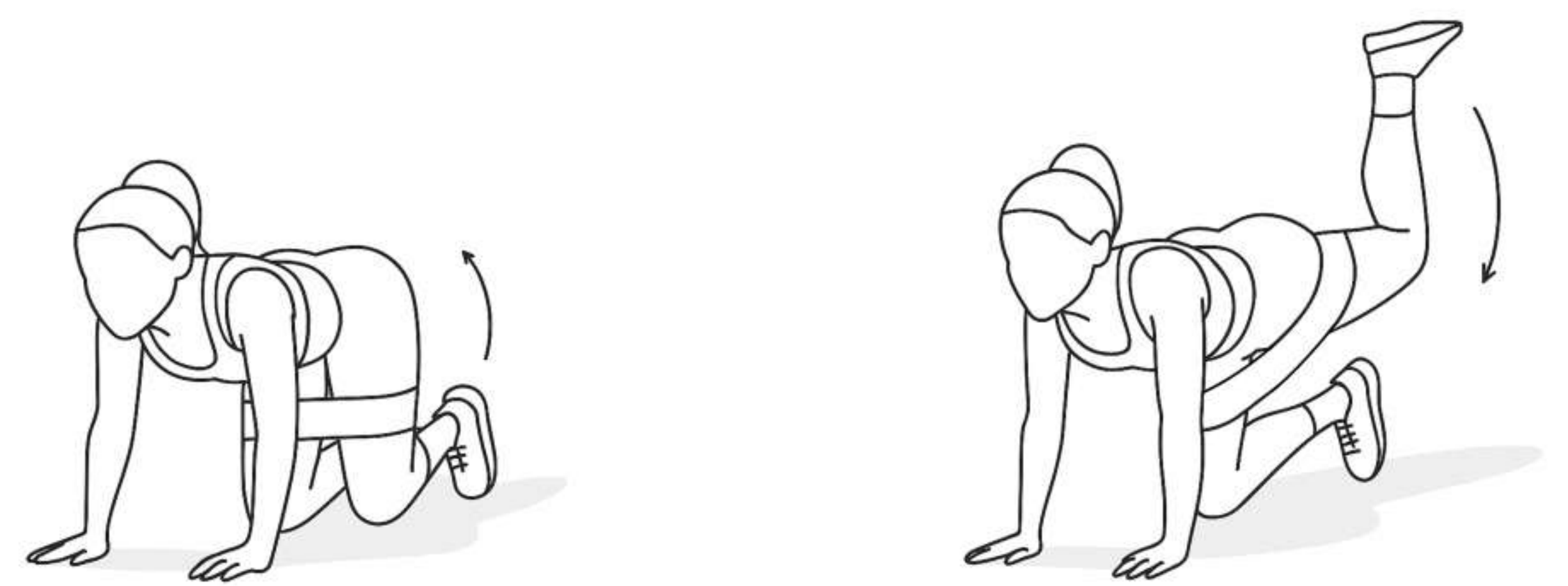
15 Reps



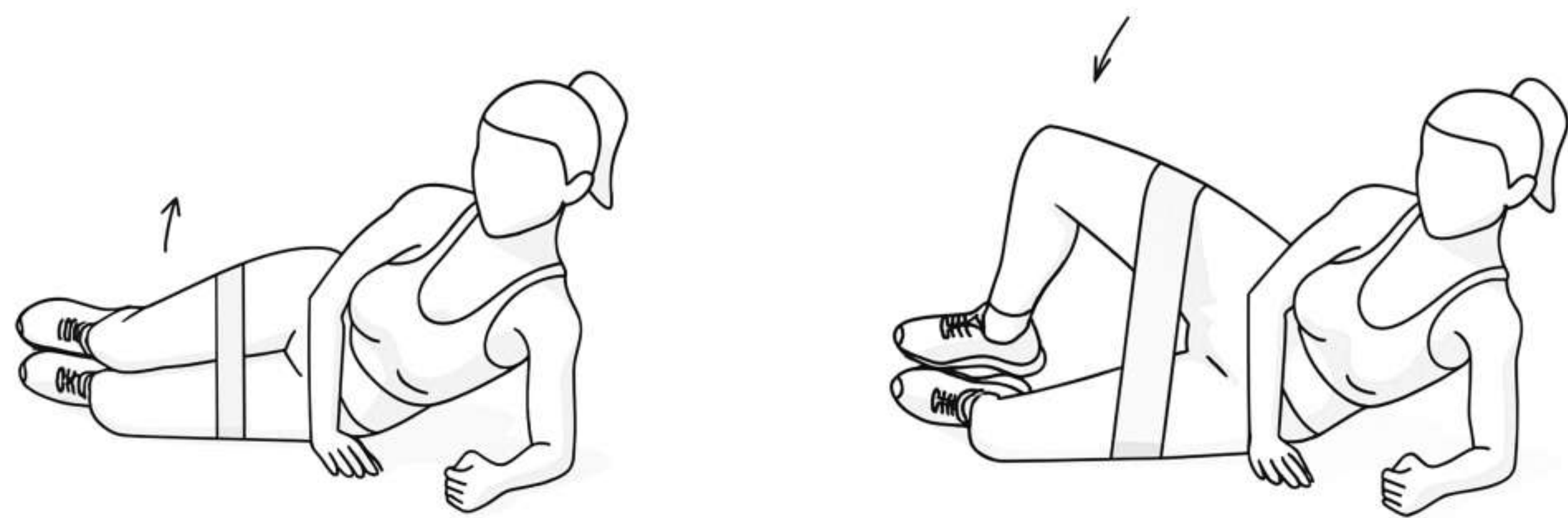
Press through your heels and lift your hips high. Squeeze your glutes at the top.

**DONKEY KICKS**  
(YELLOW BAND)

12 Reps per Side



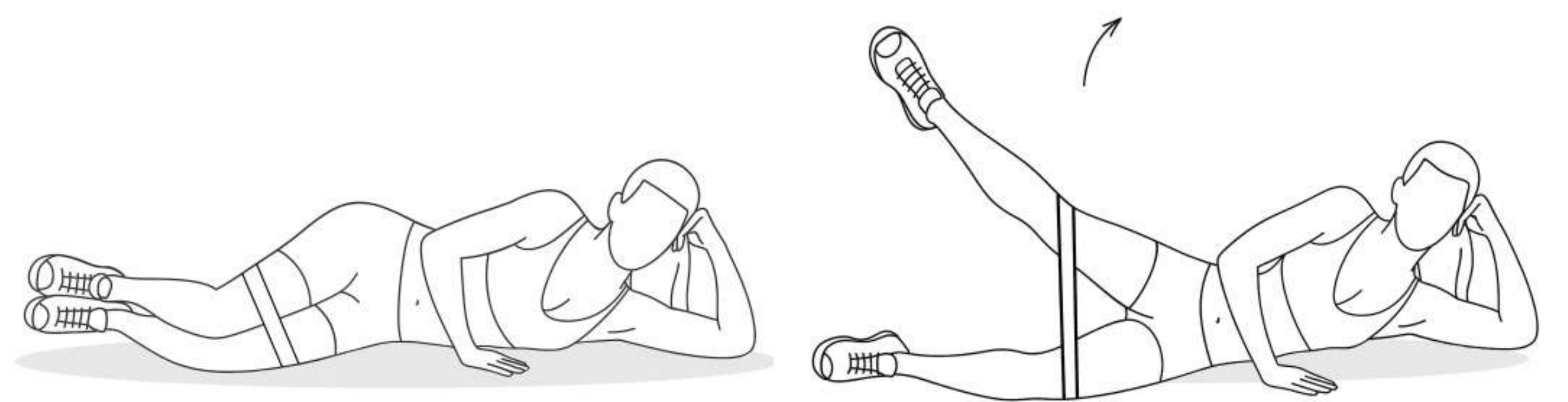
Keep hips level and core engaged. Press foot toward ceiling.

**SIDE-LYING CLAMSHELLS** 12 Reps per Side

Feet stay together. Open your knees wide and pause briefly at the top.

**CLAMSHELLS**

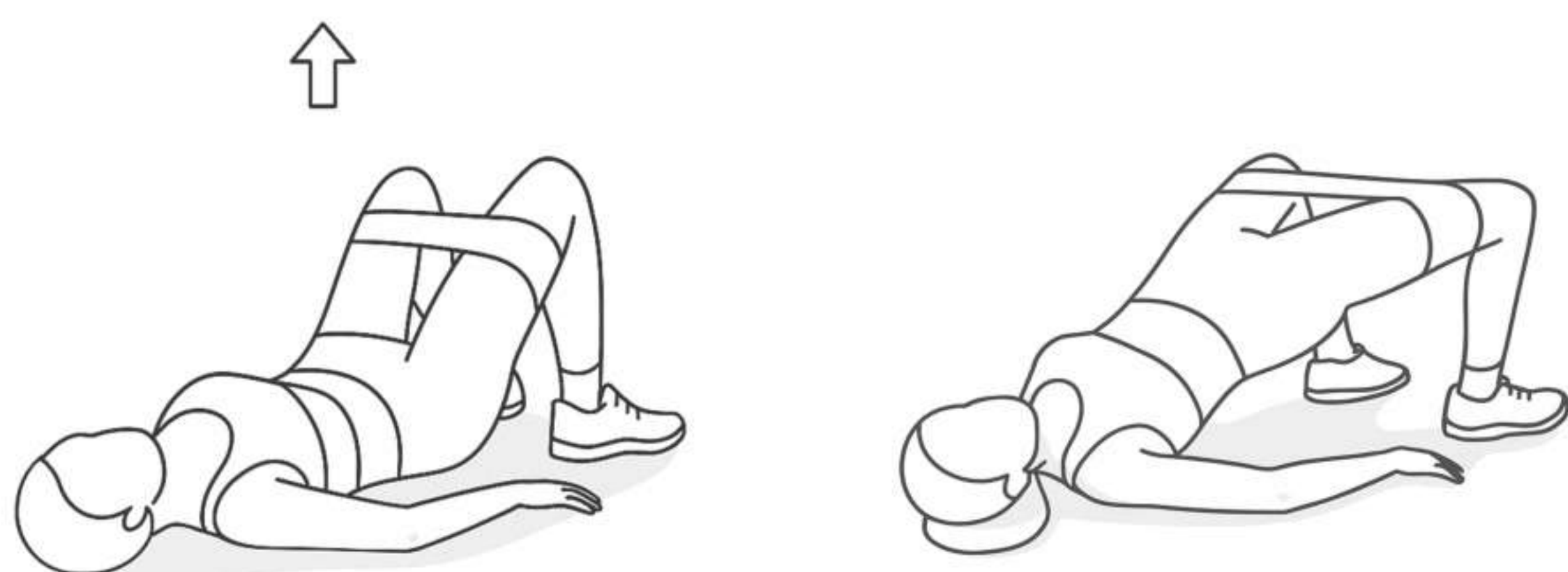
12 Reps per Side



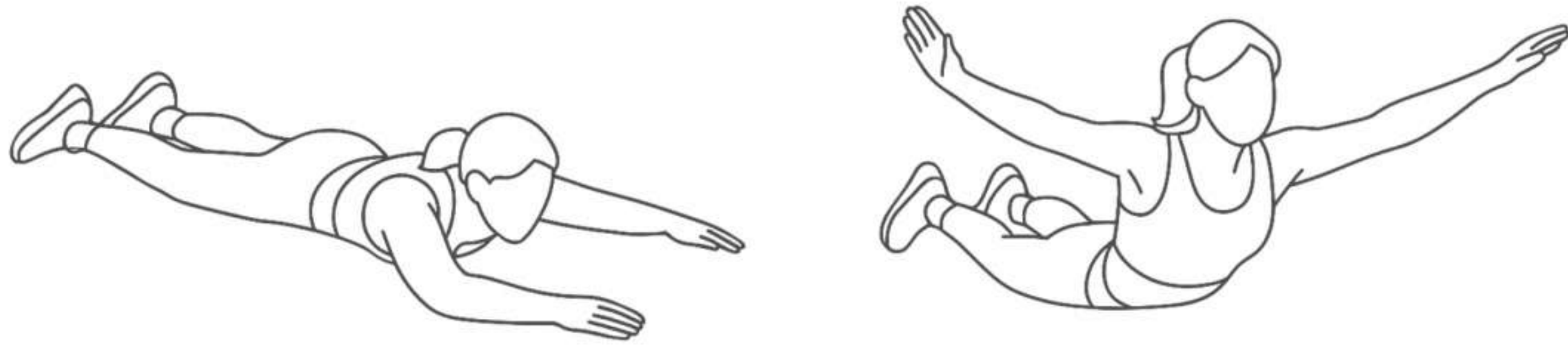
Feet stay together. Open your knees wide and pause briefly at the top.

**ELEVATED GLUTE BRIDGE**  
(FEET ON BENCH OR COUCH)

15 Reps



Drive hips up, keeping knees out. Pause at the top and squeeze glutes.

**DAY 9****UPPER BODY SCULPT****BODYWEIGHT REAR DELT RAISES** 12 Reps

Lie face-down on the floor. Extend arms out in a "T". Raise arms off the ground slightly, squeezing shoulder blades together.

**PUSH-UPS**

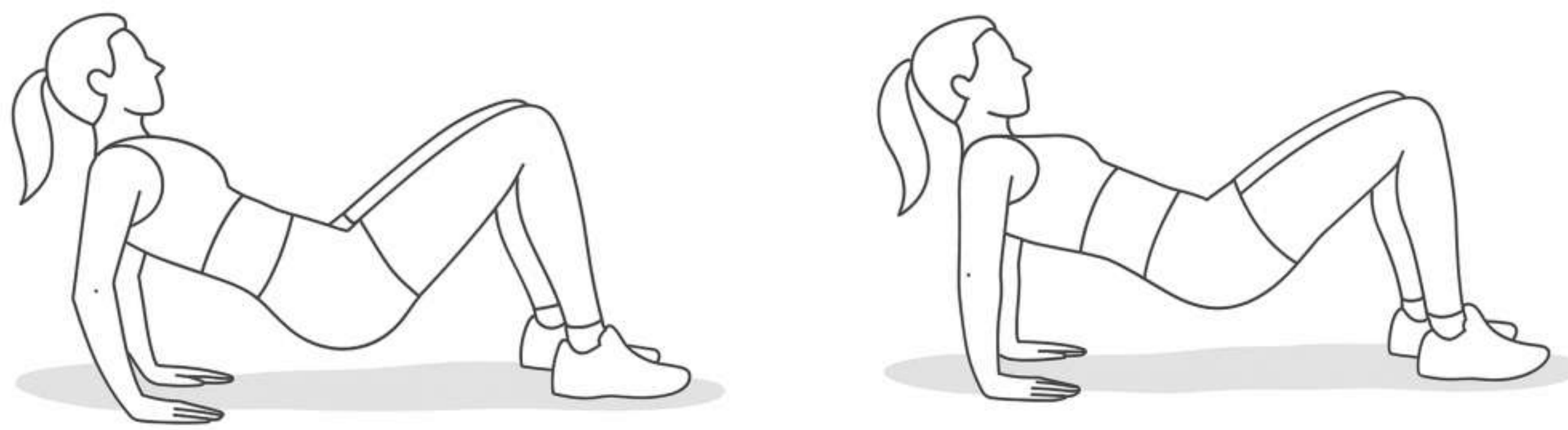
10 Reps



Elbows at 45°, lower with control. Keep your body in a straight line.

**FLOOR TRICEP DIPS**

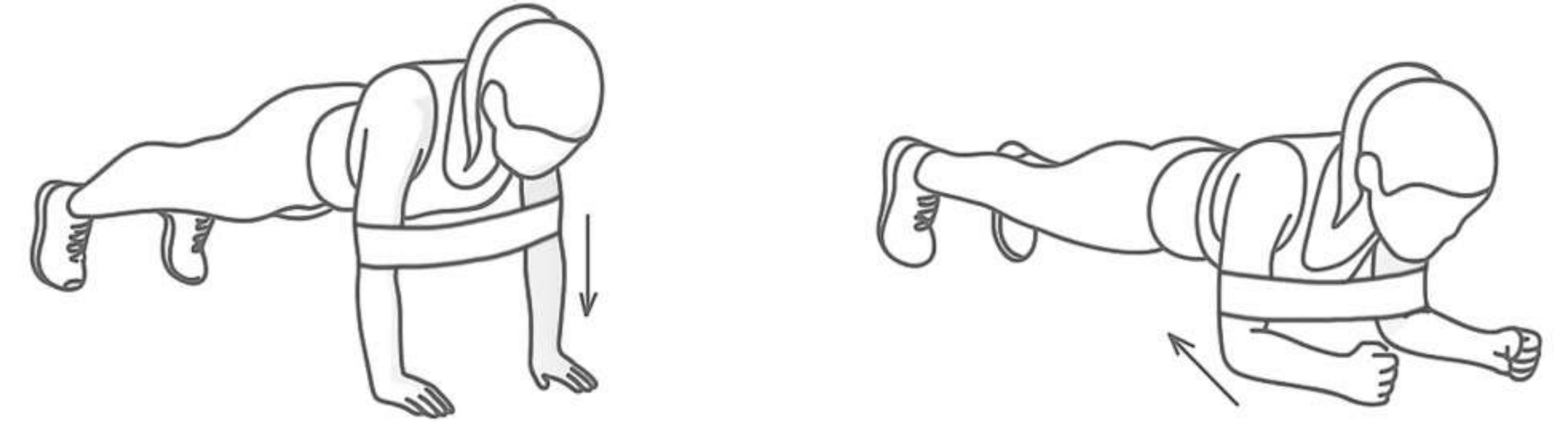
12 Reps



Sit with knees bent and hands behind you. Push hips up by straightening your arms, then lower back down.

**PLANK HOLD**

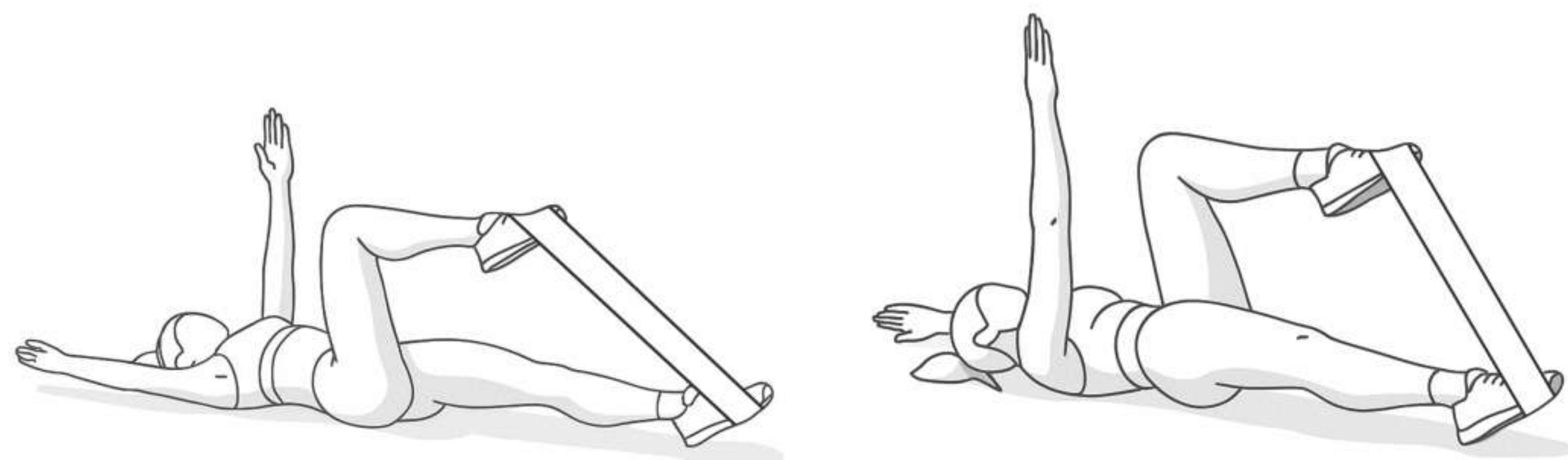
30 Sec



Engage your core. Keep a straight line from head to heels.

**DAY 10****CORE & CONTROL****DEAD BUGS**  
(BODYWEIGHT)

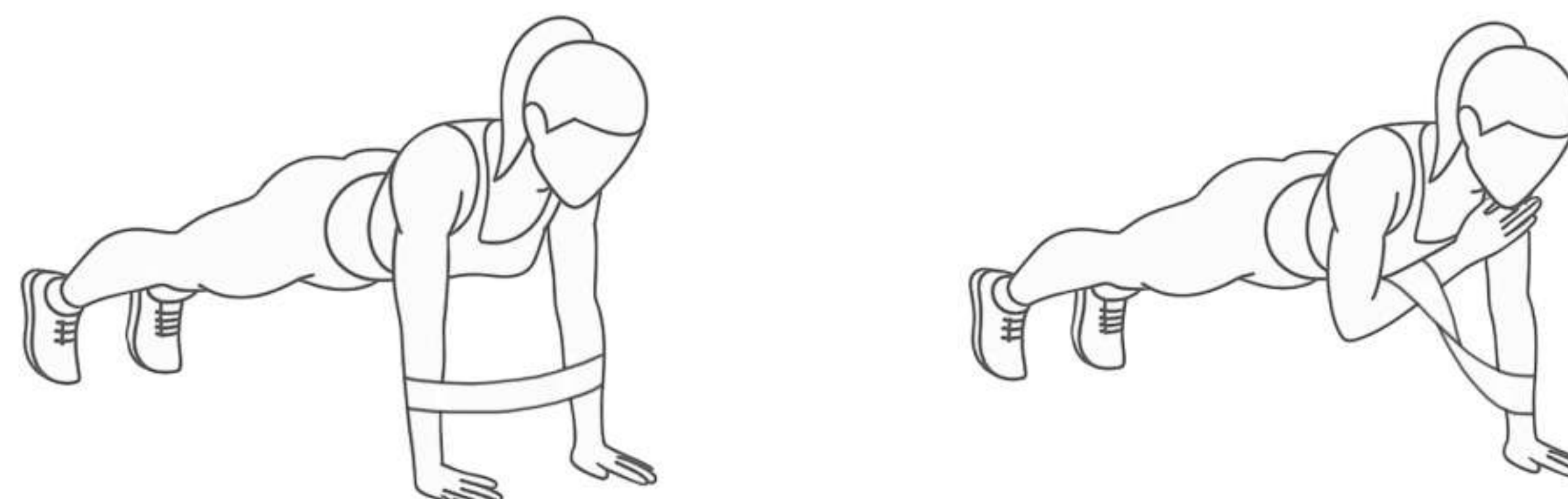
10 Reps



Opposite arm and leg extend. Keep your lower back pressed to the floor.

**PLANK WITH SHOULDER TAPS**

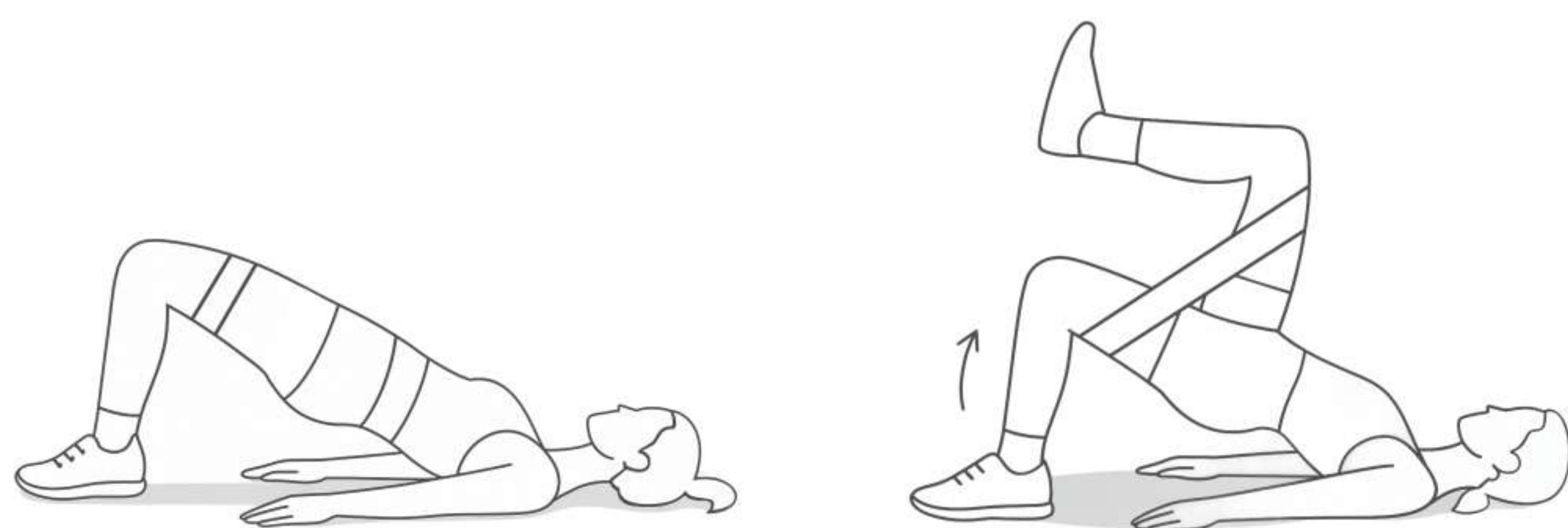
30 Sec



Minimize side-to-side sway. Tap with control.

**GLUTE BRIDGE MARCH**

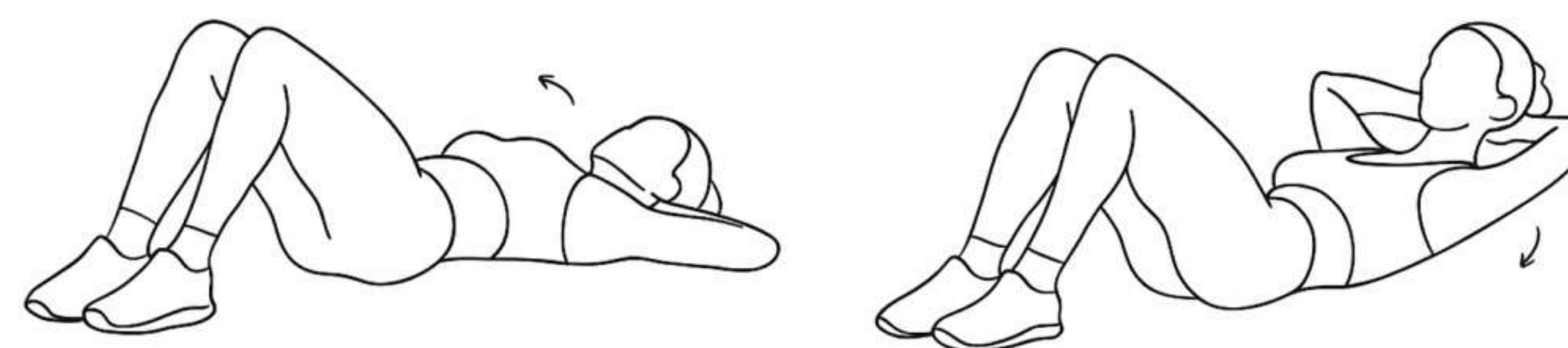
10 Reps



Lift one foot off the ground at a time while holding a glute bridge.

**CRUNCHES**

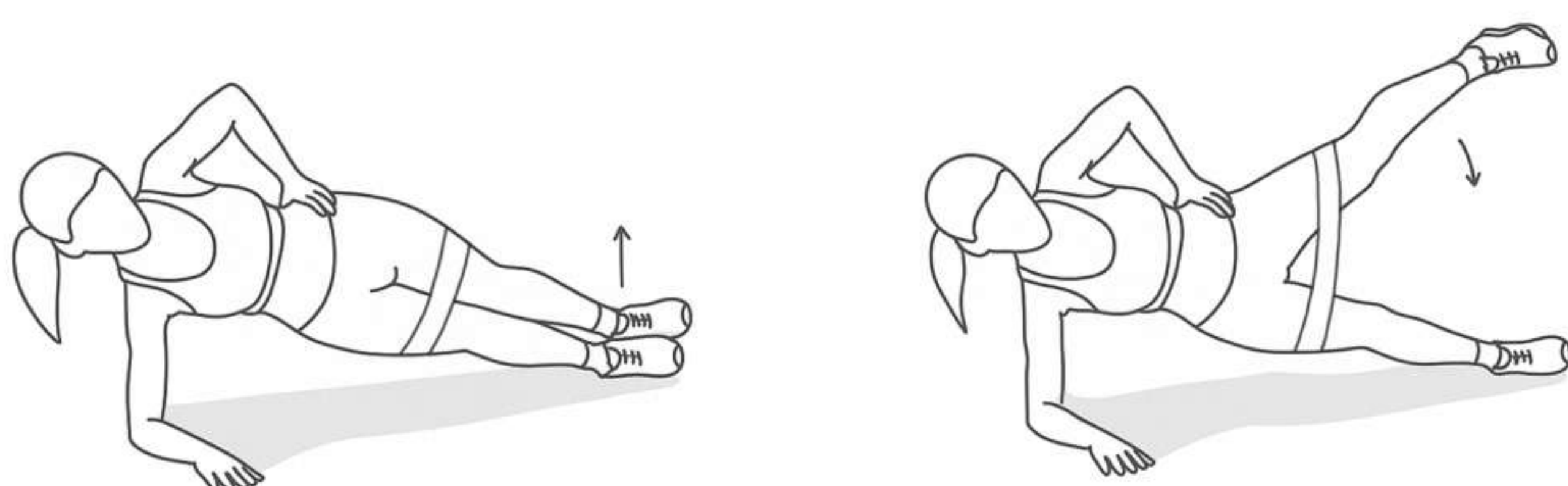
12 Reps



Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**SIDE PLANK**  
(HOLD)

20 Sec per Side



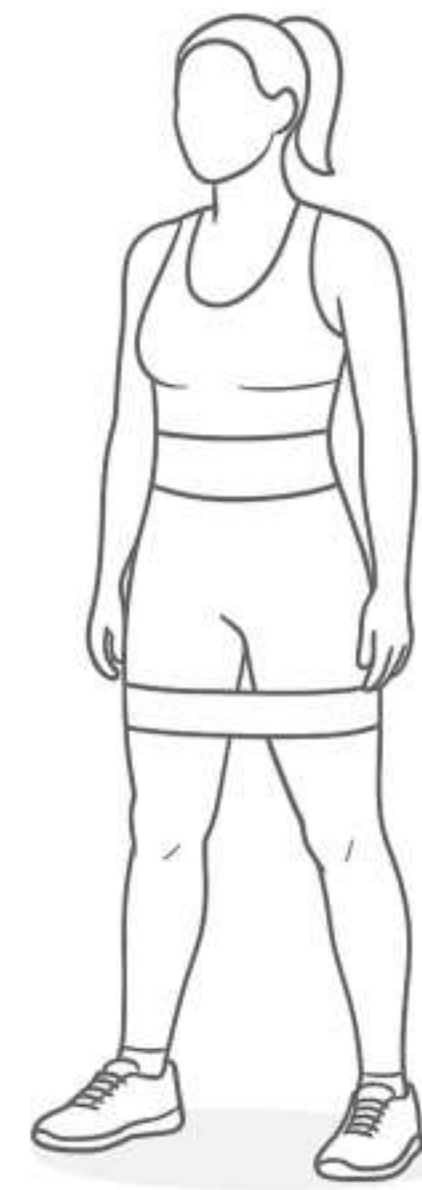
Stack your hips and engage your obliques. Modify with bottom knee down.

**DAY 11**

**LOWER BODY STRENGTH**

**SQUATS**  
(GREY BAND)

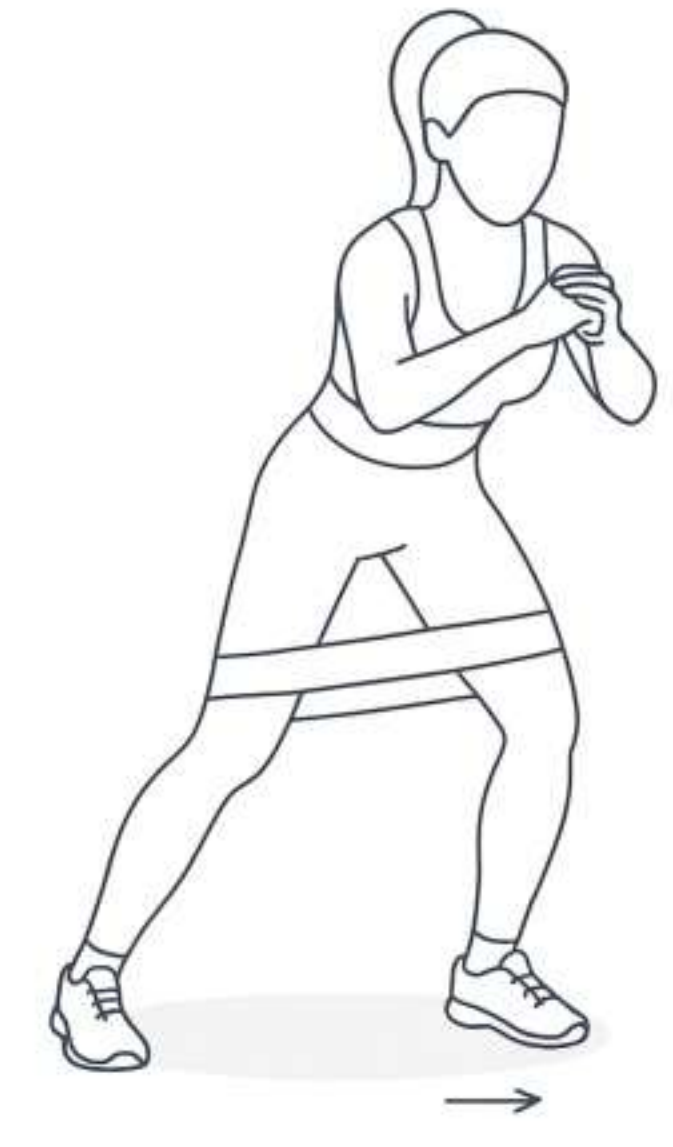
15 Reps



Sit hips back and drive knees slightly outward. Chest up, core tight.

**REVERSE LUNGES**  
(BODYWEIGHT OR BAND)

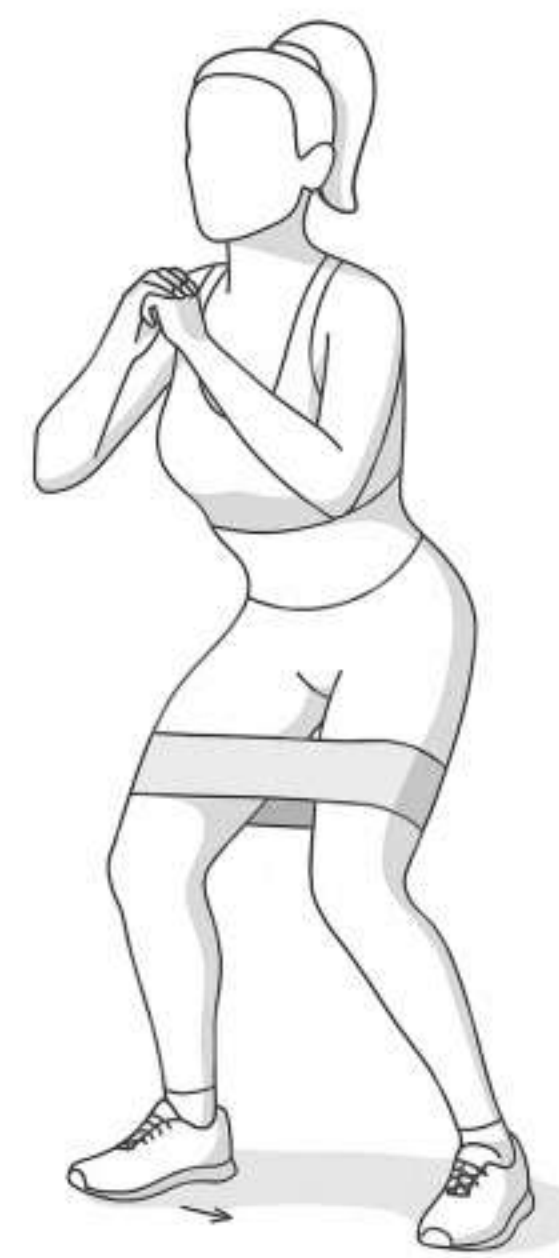
10 Reps per Leg



Step back and drop into 90° angles. Keep front knee stacked over ankle.

**MONSTER WALKS**  
(YELLOW OR GREY BAND)

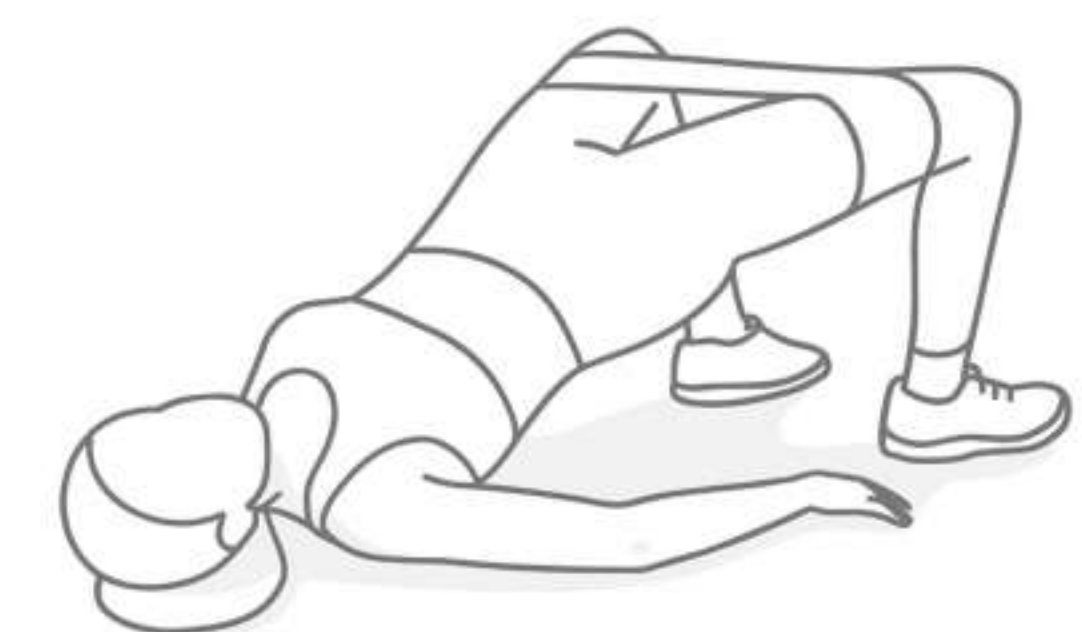
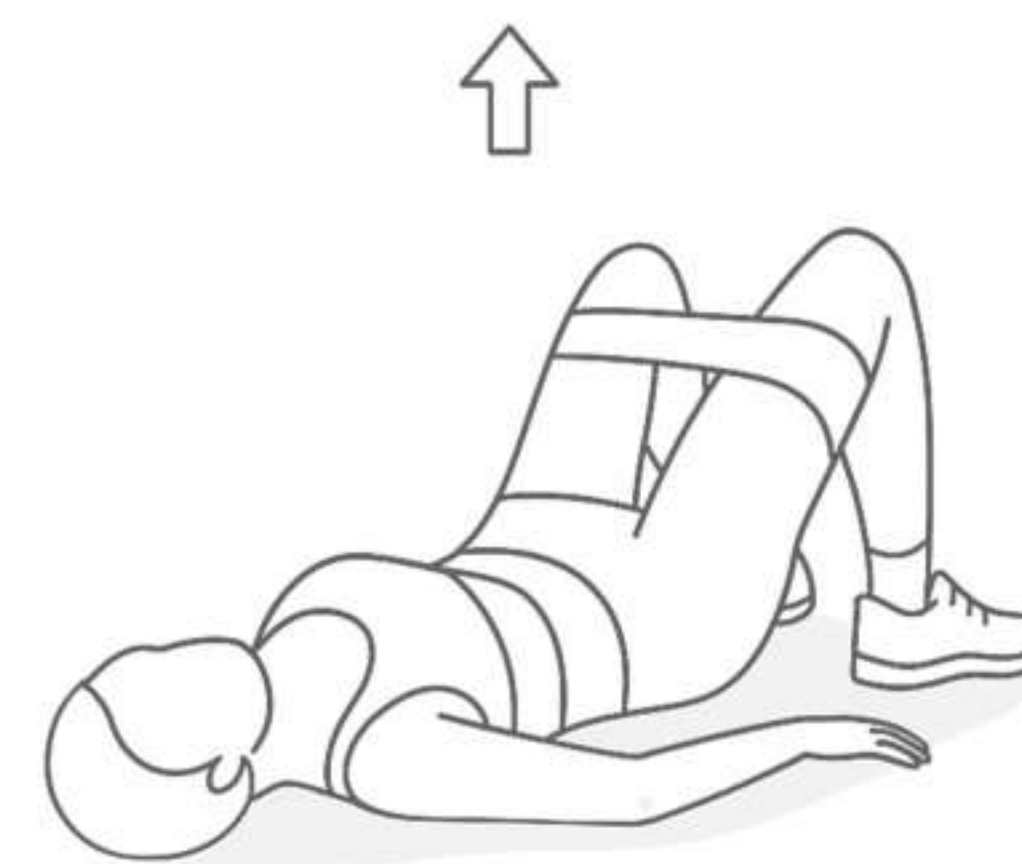
10 Steps Forward +  
10 Steps Back



Stay low. Take wide, controlled steps to keep tension in the glutes.

**GLUTE BRIDGE**  
**WITH ABDUCTION HOLD**

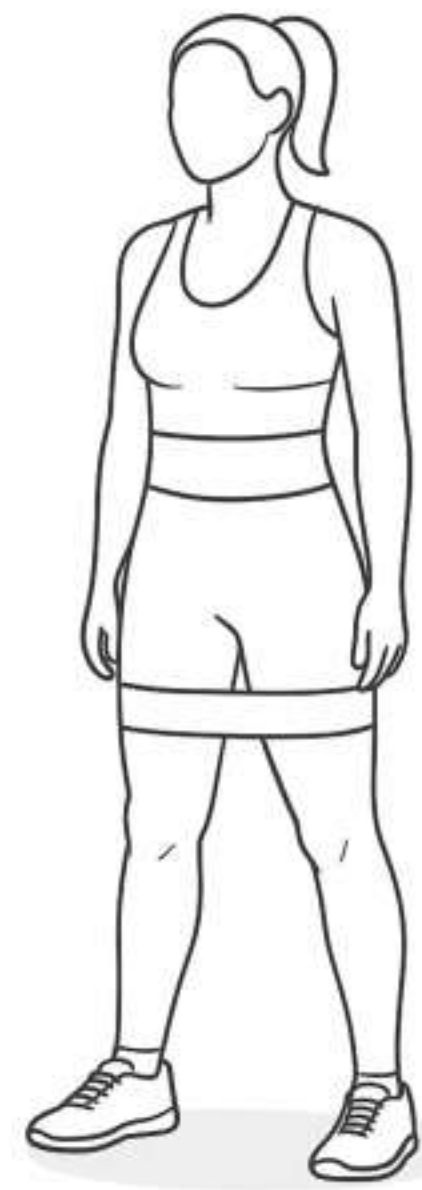
10 Reps +  
10 Second Hold



At the top of your bridge, push knees outward and hold the tension.

**DAY 12****FULL BODY CIRCUIT****SQUAT TO PRESS**  
(YELLOW BAND)

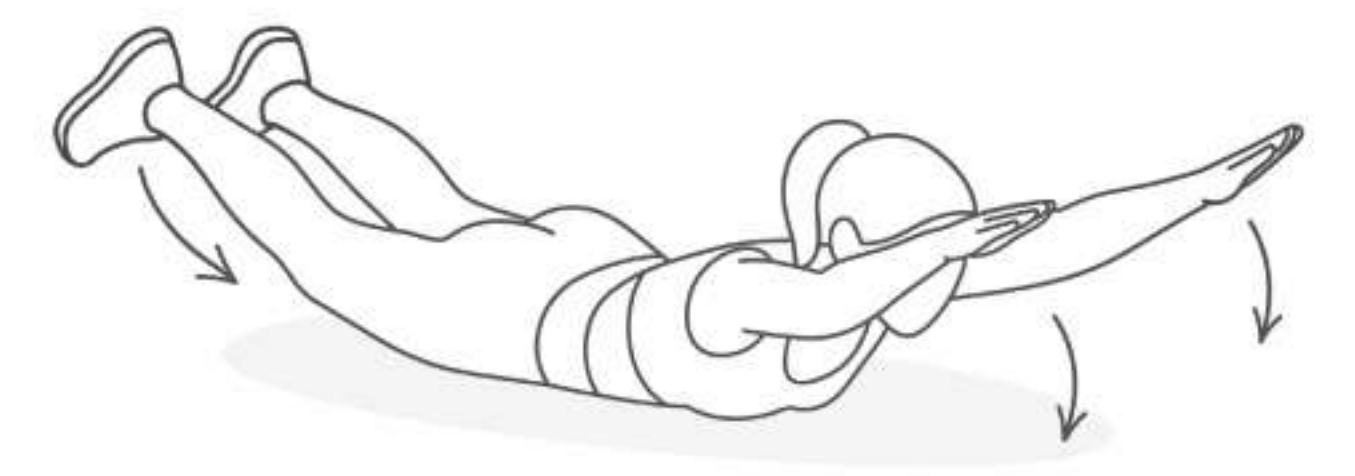
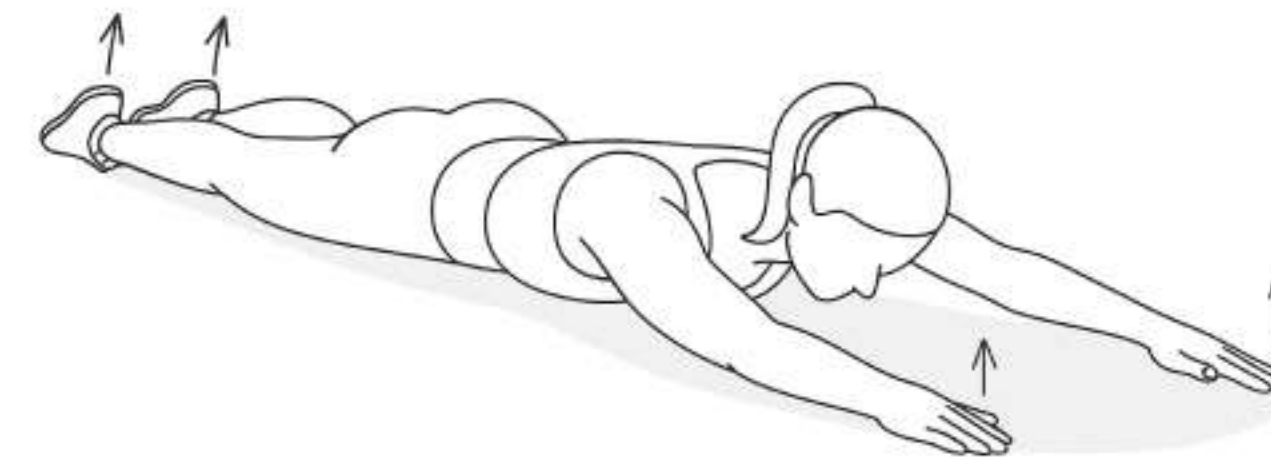
12 Reps



Perform a squat and drive up into an overhead press in one fluid motion.

**SUPERMAN ROWS**

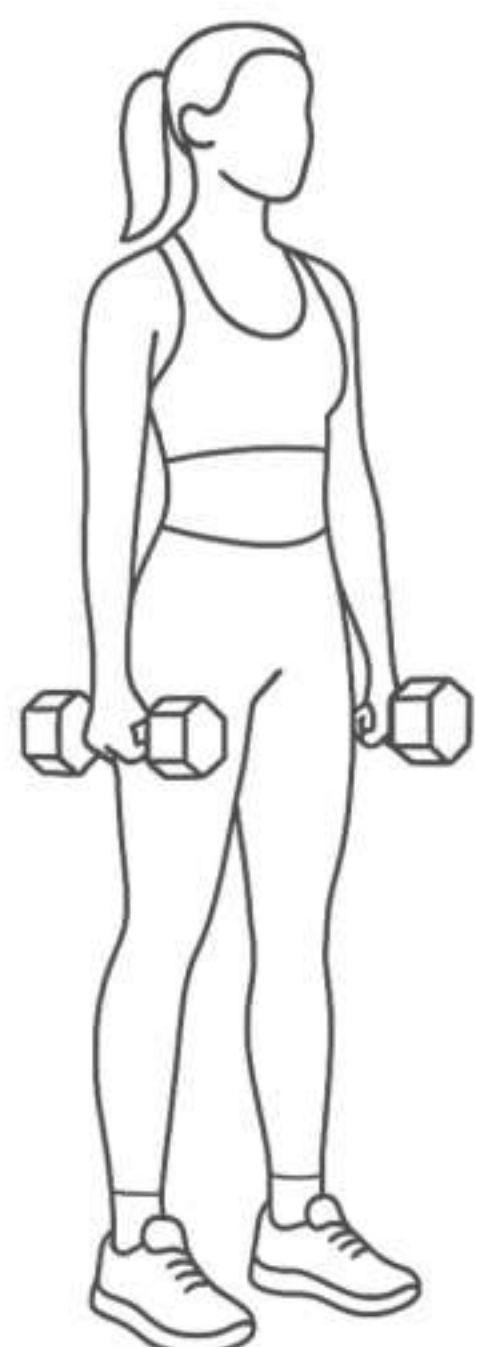
12 Reps



Lie face down, pull elbows back while lifting chest. Squeeze shoulder blades at the top.

**BODYWEIGHT REVERSE**  
**LUNGE + CURL ARMS**

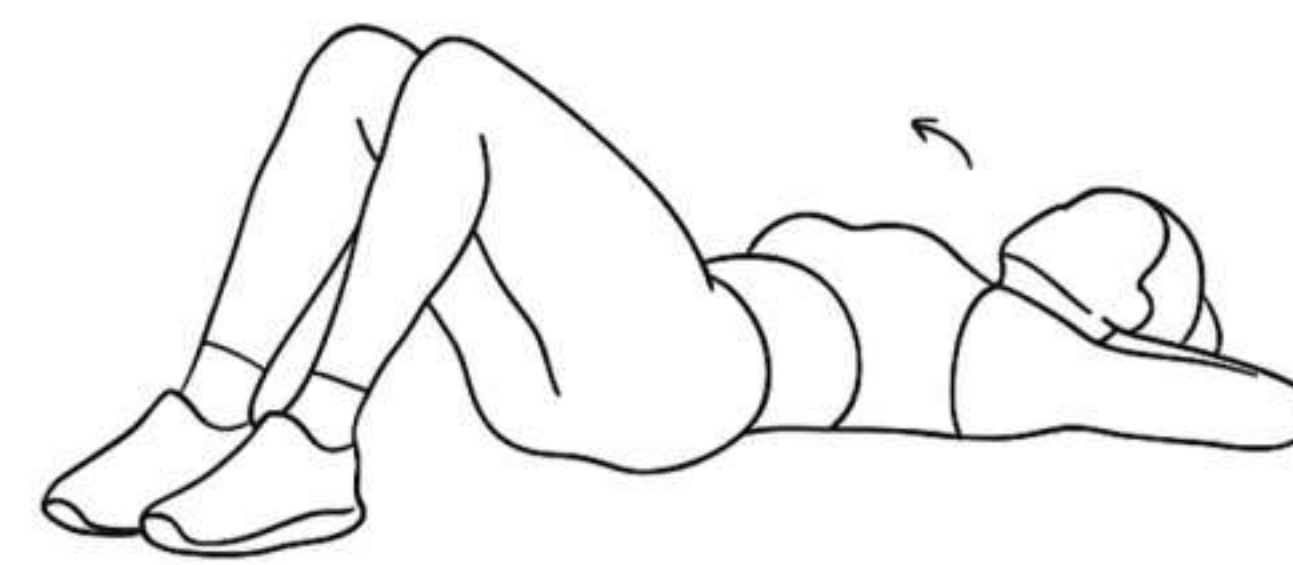
10 Reps



Lunge back and curl your arms (no band), focusing on control and balance.

**CRUNCHES**

12 Reps



Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**GLUTE BRIDGE HOLD**  
(BAND OPTIONAL)

30 Seconds



Press hips high, engage glutes, and breathe.

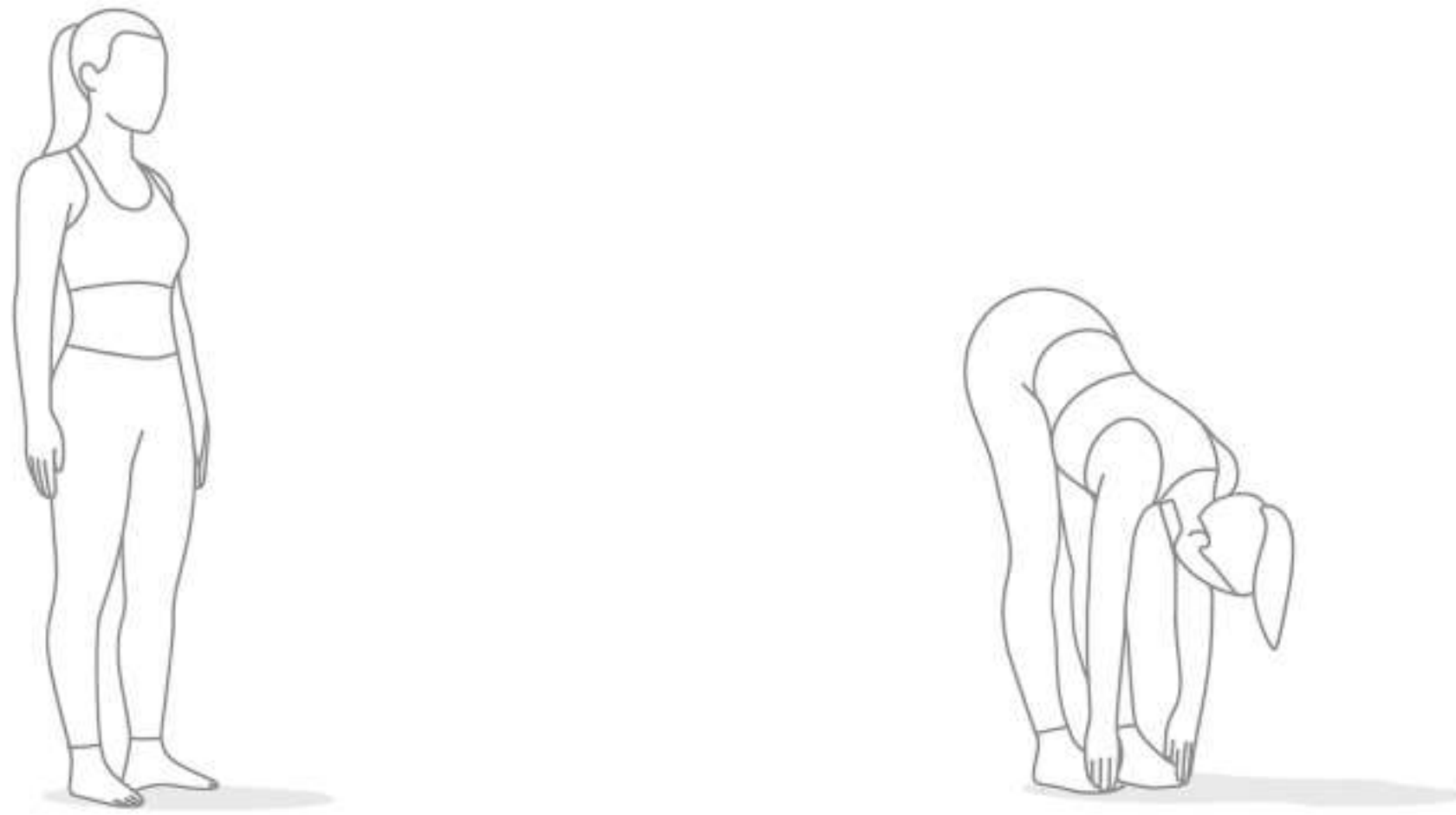
**DAY 13**

**RECOVERY & MOBILITY**

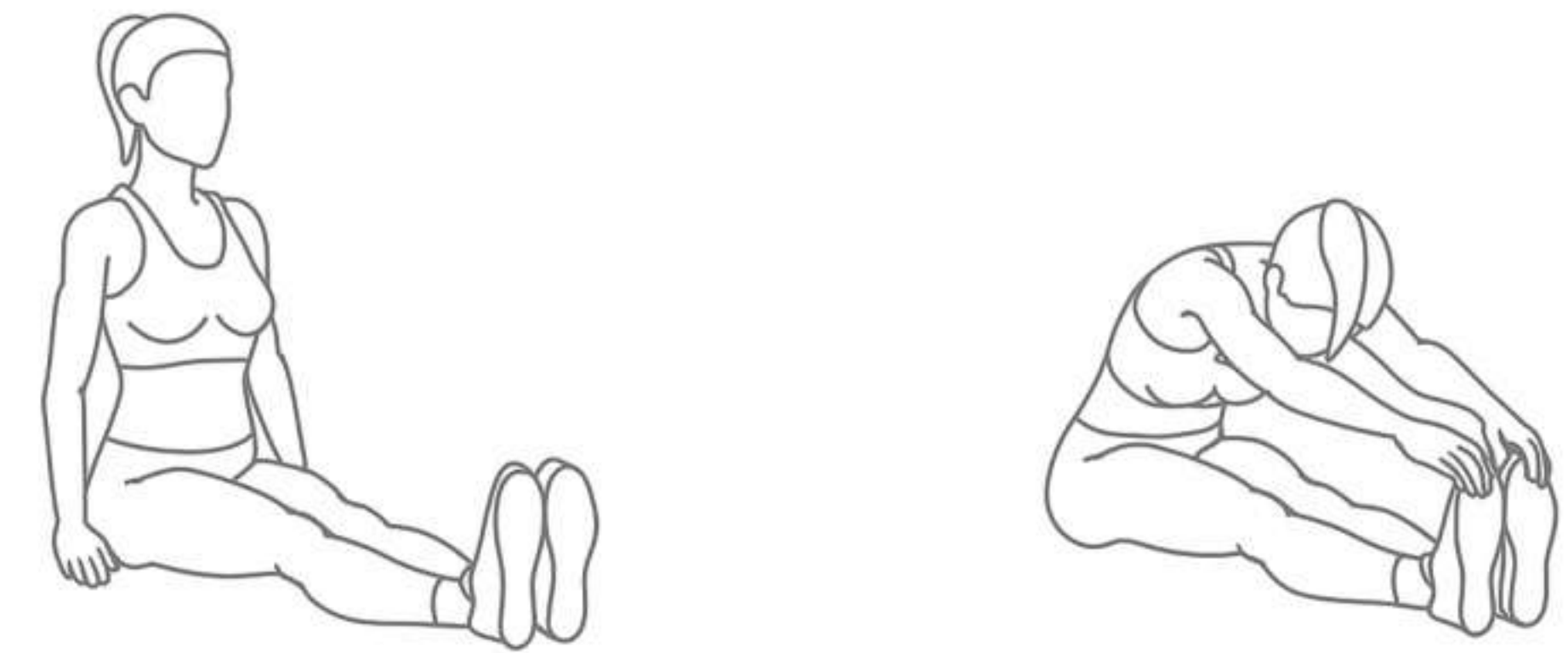
Stretch Flow

*(Hold each for 30 seconds)*

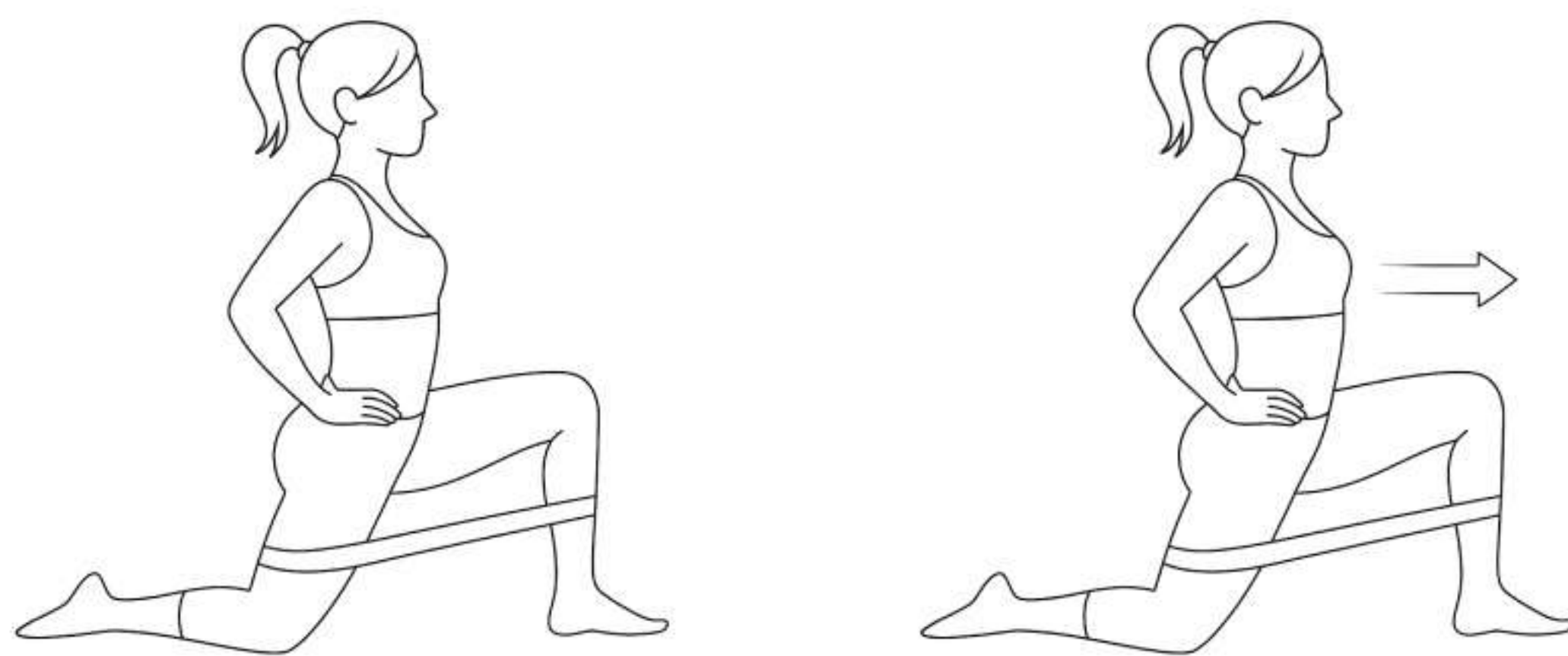
**Standing Forward Fold**



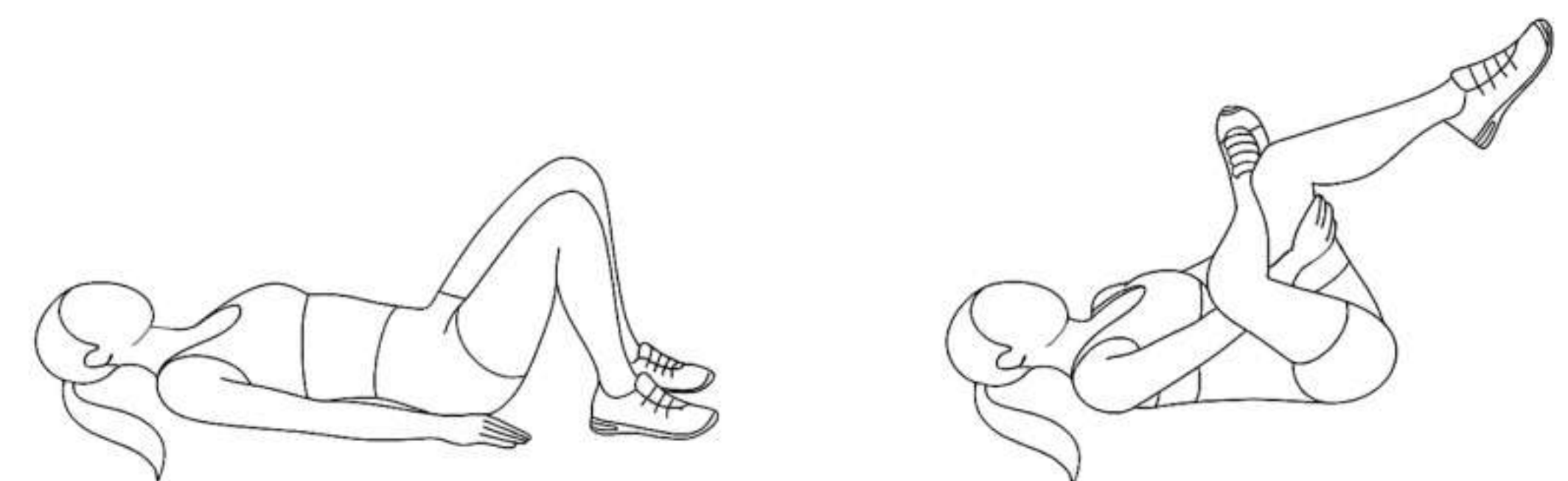
**Seated Hamstring Stretch**



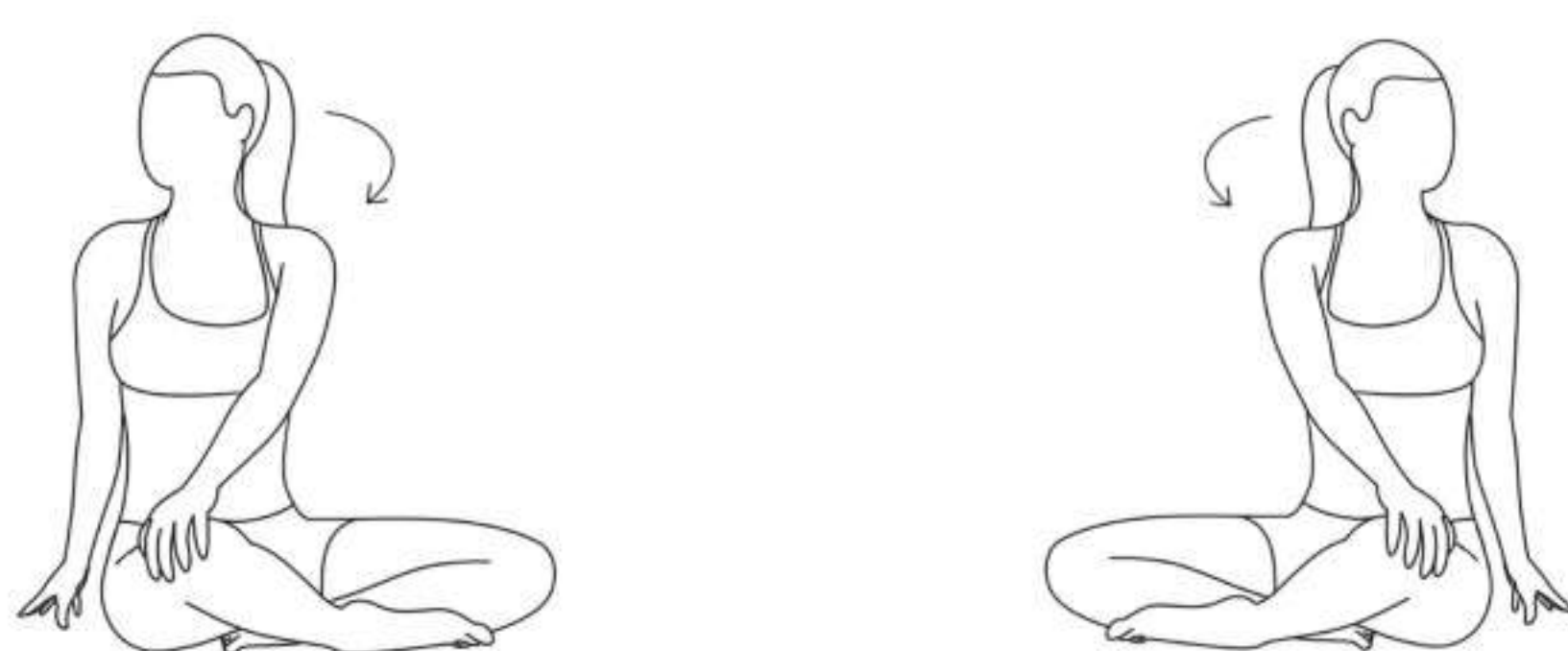
**Hip Flexor Stretch**



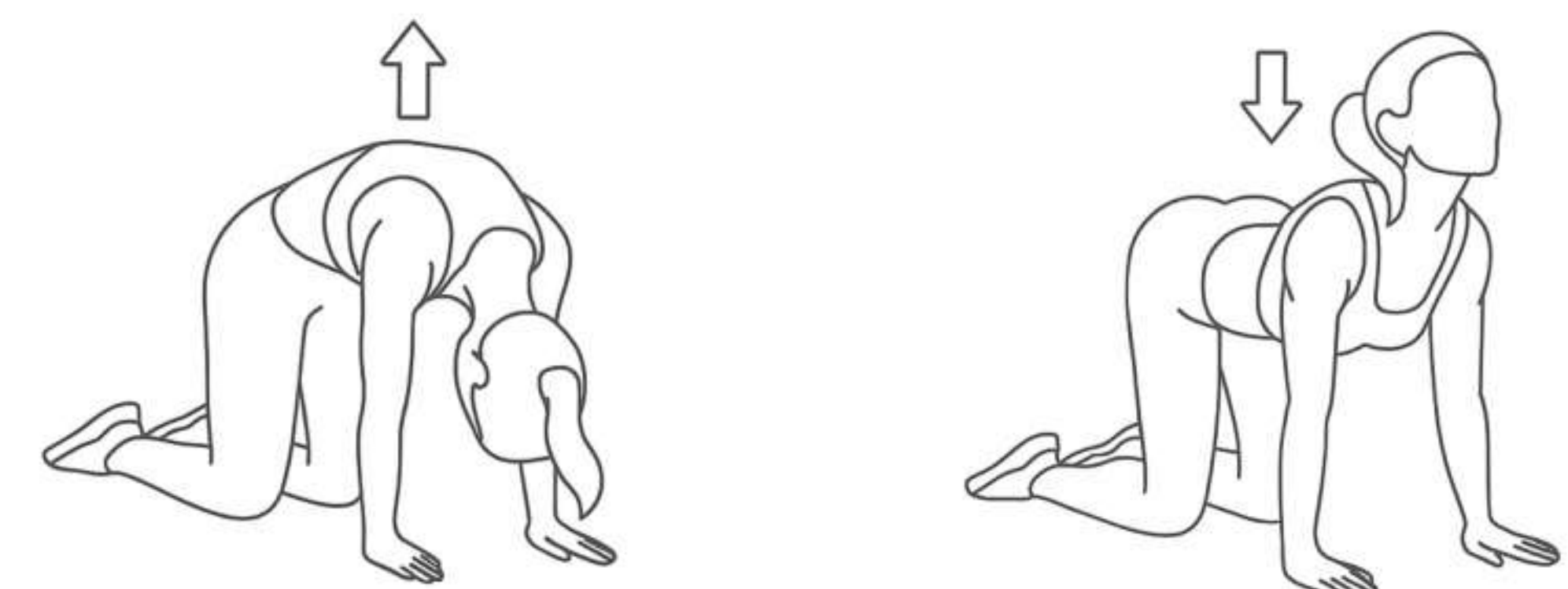
**Supine Glute Stretch**



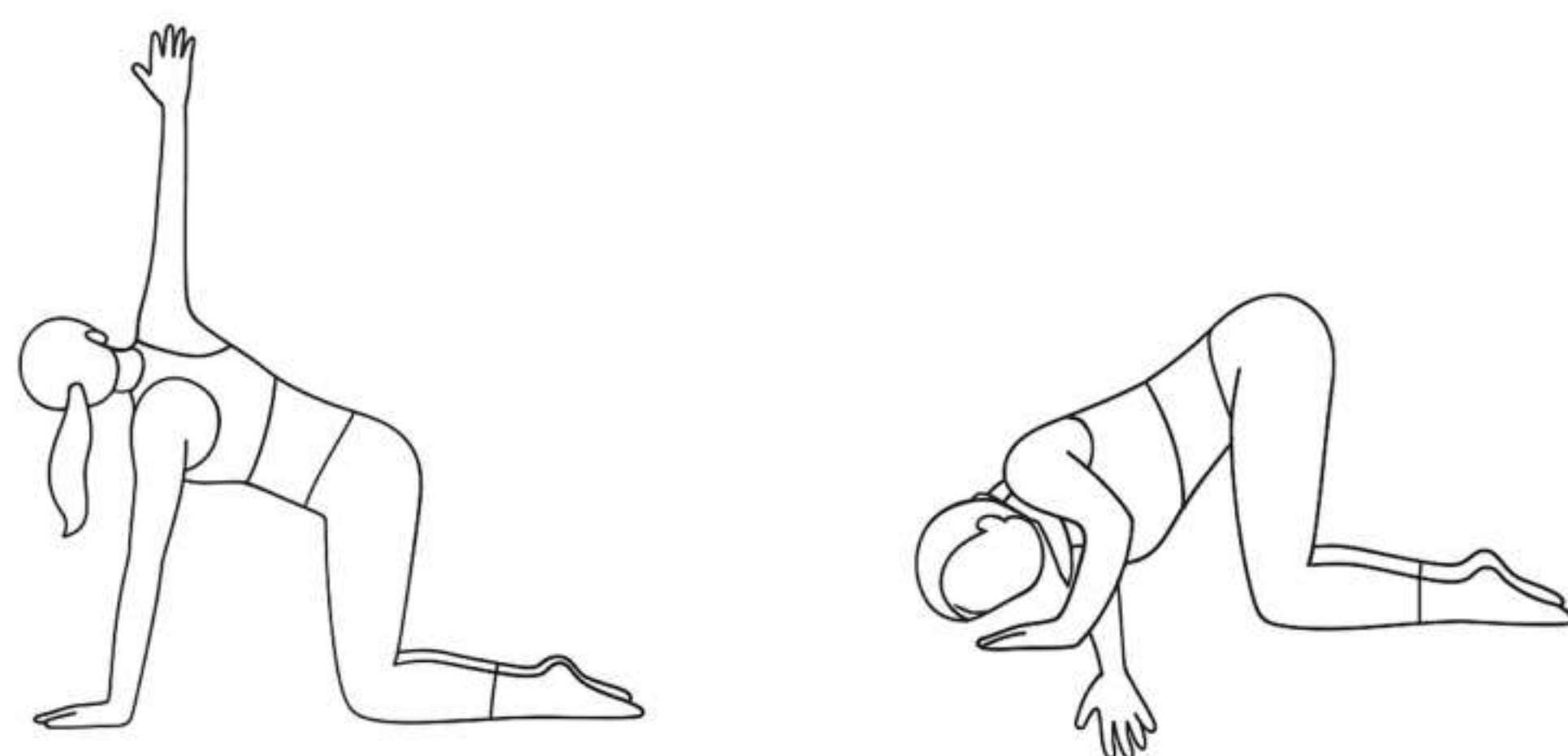
**Seated Spinal Twist**



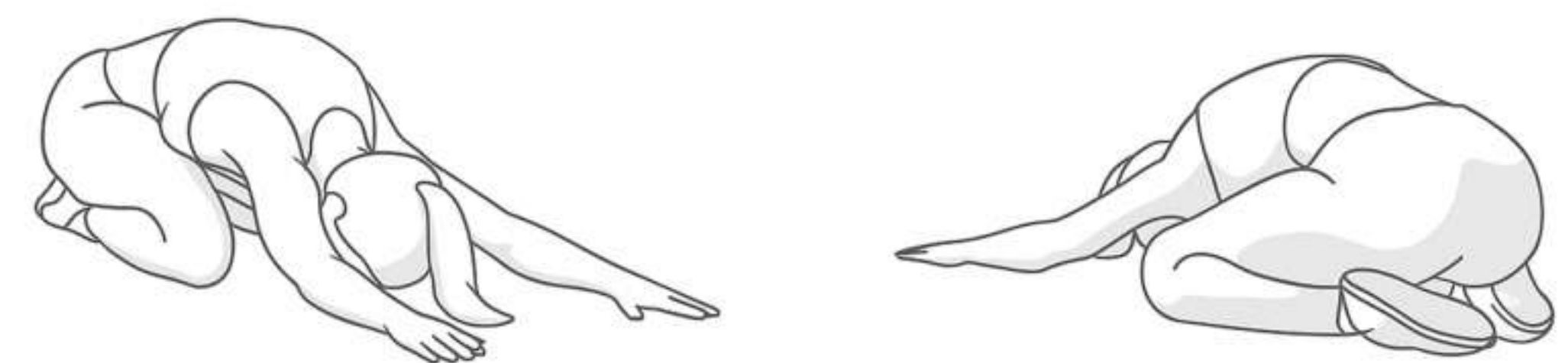
**Cat-Cow**



**Thread-the-Needle**



**Child's Pose**



**DAY 14**

**REST & REFLECT**

Hydrate, sleep well, and take note of any improvements in strength, form or energy. You're halfway through!

**WEEK 3****BURN & ENDURANCE****TARGET****3 Rounds****Beginner: 1 Round****Advanced: 4 Rounds**

This week ramps up intensity and metabolic burn. You'll combine strength movements with volume, band tension, and short pulses or holds to boost endurance and deepen muscle activation. Expect elevated heart rate and serious sweat.

**Day 15**

Glutes &amp; Core Burn

**Day 16**

Upper Body Endurance

**Day 17**

Core Challenge

**Day 18**

Lower Body + Plyo

**Day 19**

Full Body Sculpt

**Day 20**

Recovery &amp; Mobility

**Day 21**

Rest &amp; Reset

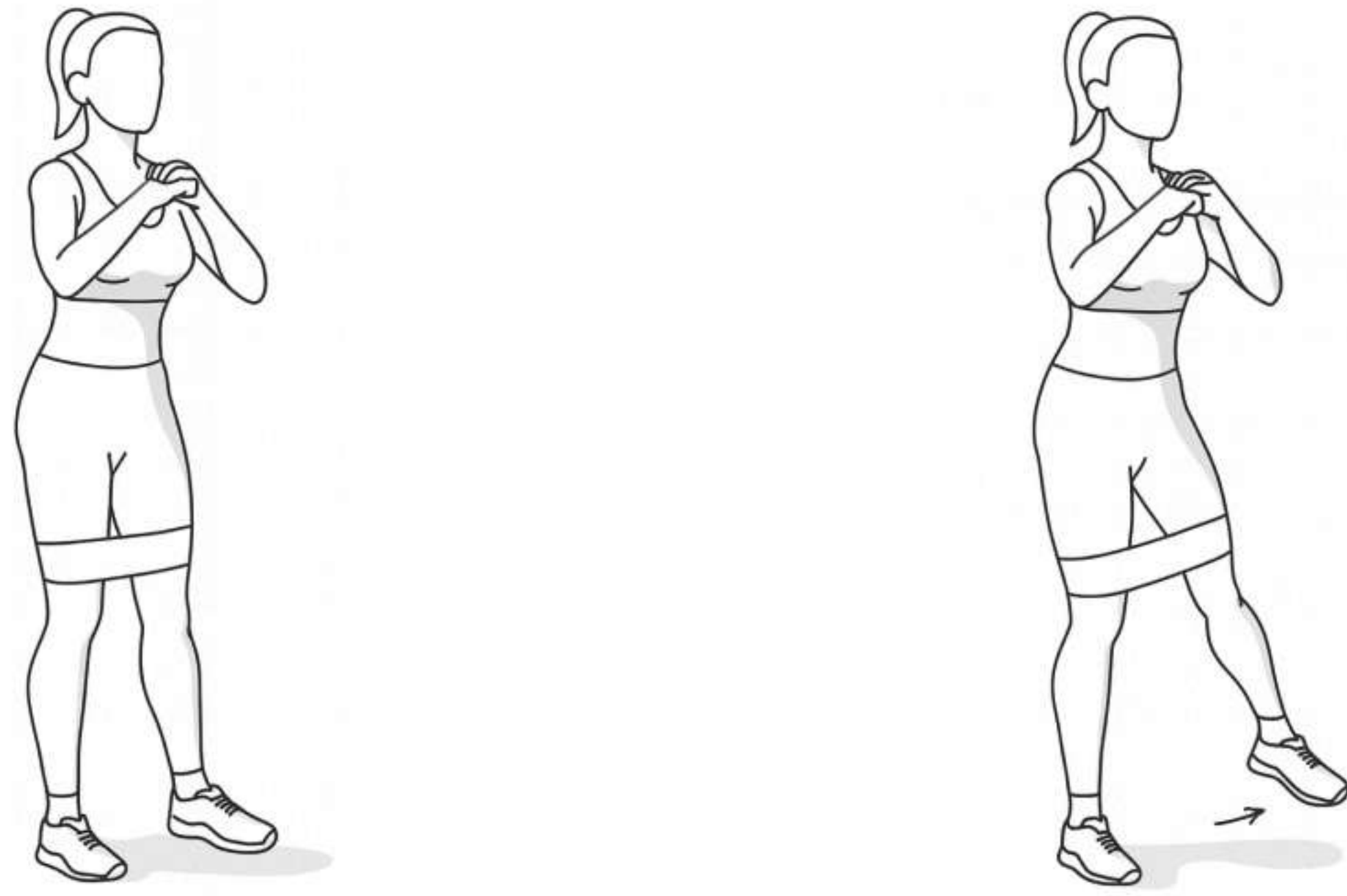


**DAY 15**

**GLUTES & CORE BURN**

**STANDING SIDE KICK**

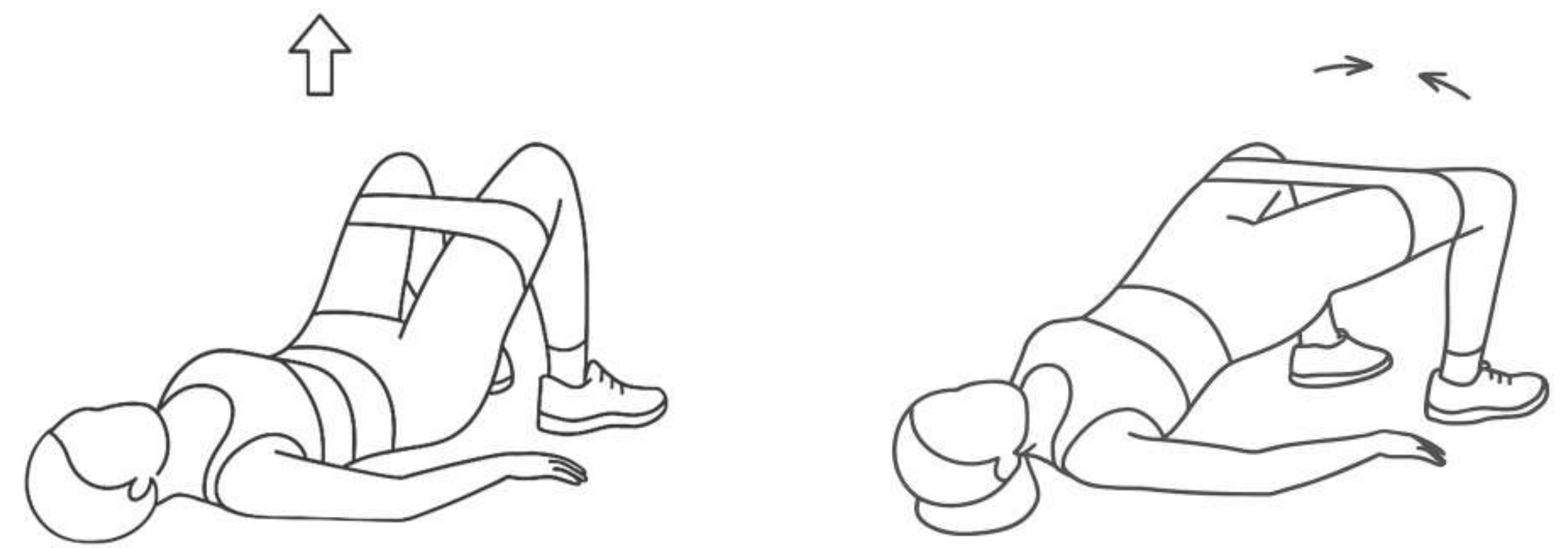
10 Reps per Side



Keep your core tight and hips stable. Lean slightly forward to engage glutes.

**GLUTE BRIDGE**

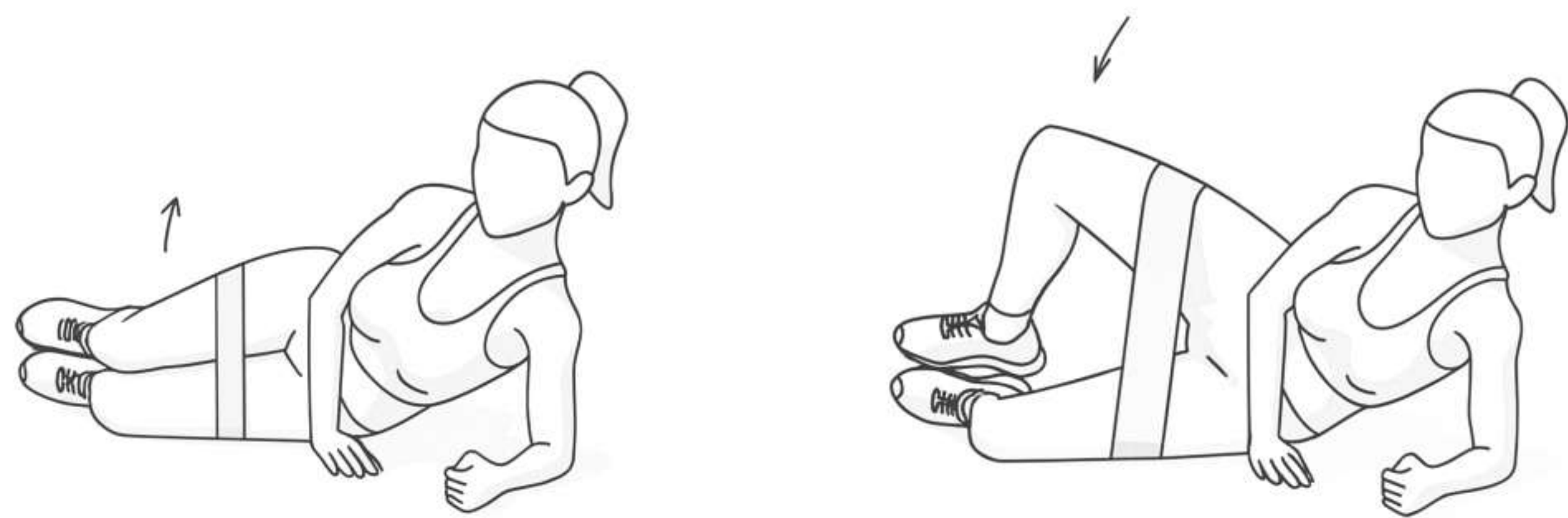
15 Reps



Press through your heels and lift your hips high. Squeeze your glutes at the top.

**CLAMSHELLS**

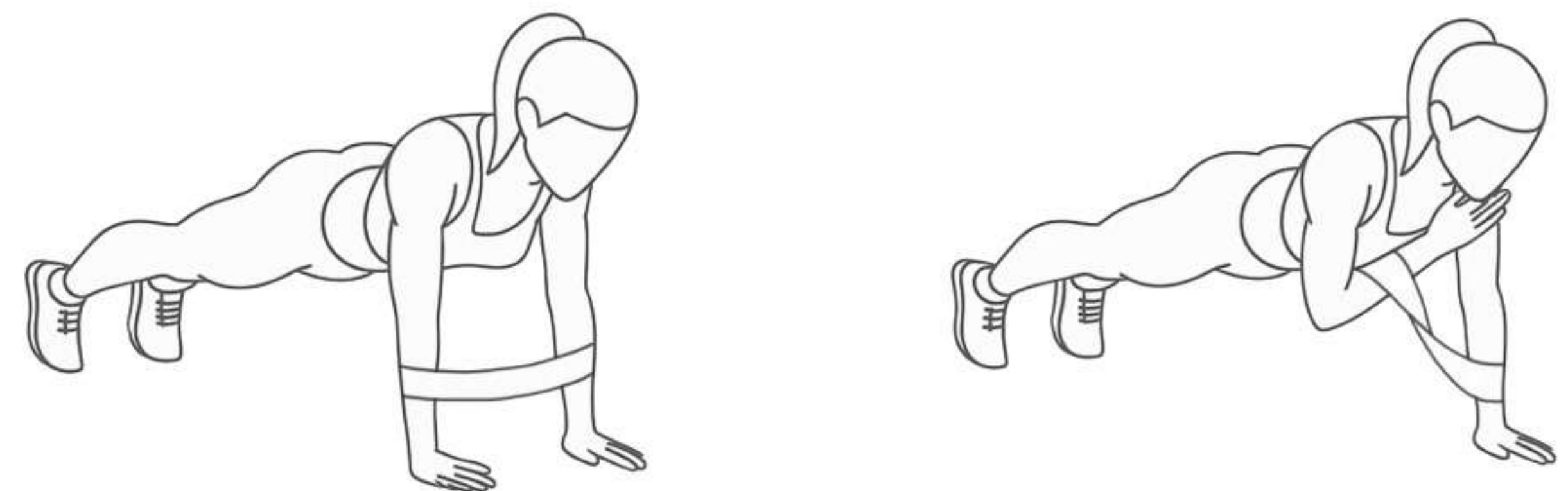
12 Reps per Side



Feet stay together. Open your knees wide and pause briefly at the top.

**PLANK WITH SHOULDER TAPS**

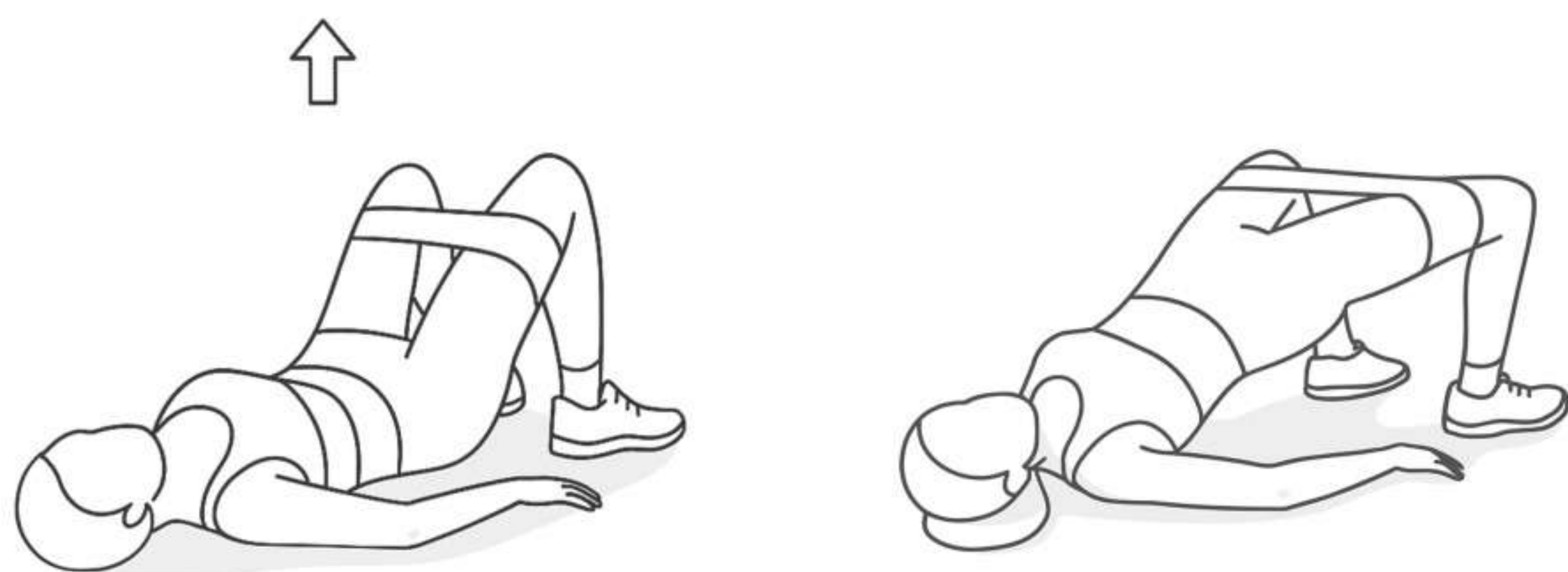
30 Sec



Minimize side-to-side sway. Tap with control.

**GLUTE BRIDGE WITH ABDUCTION HOLD**

10 Reps +  
10 Second Hold



At the top of your bridge, push knees outward and hold the tension.

**DAY 16****BODYWEIGHT CHEST PRESS  
(FLOOR PUSH-UPS)**

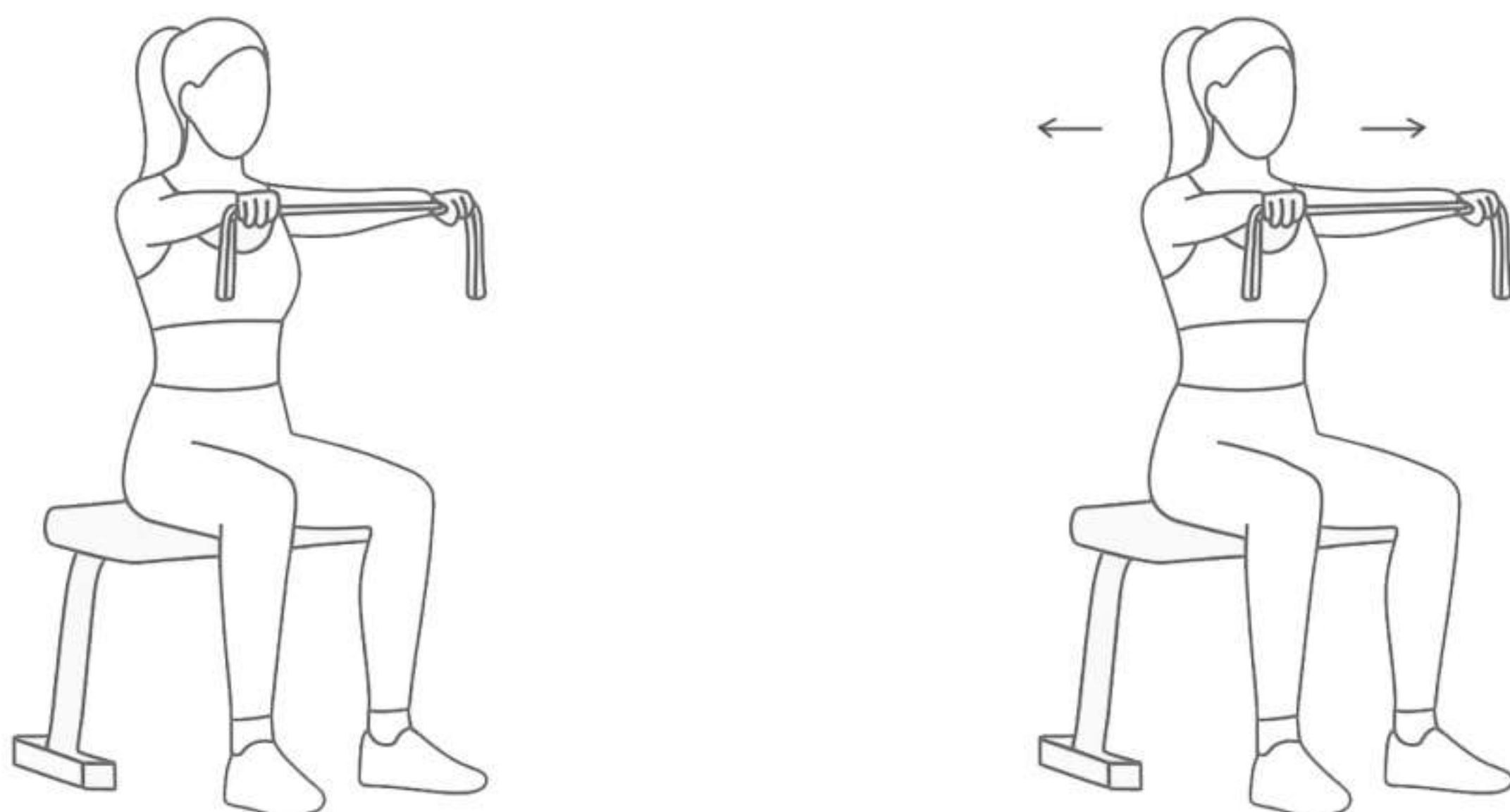
12 Reps



Elbows at 45°, lower with control.  
Keep your body in a straight line.

**SEATED BAND PULL-APARTS**

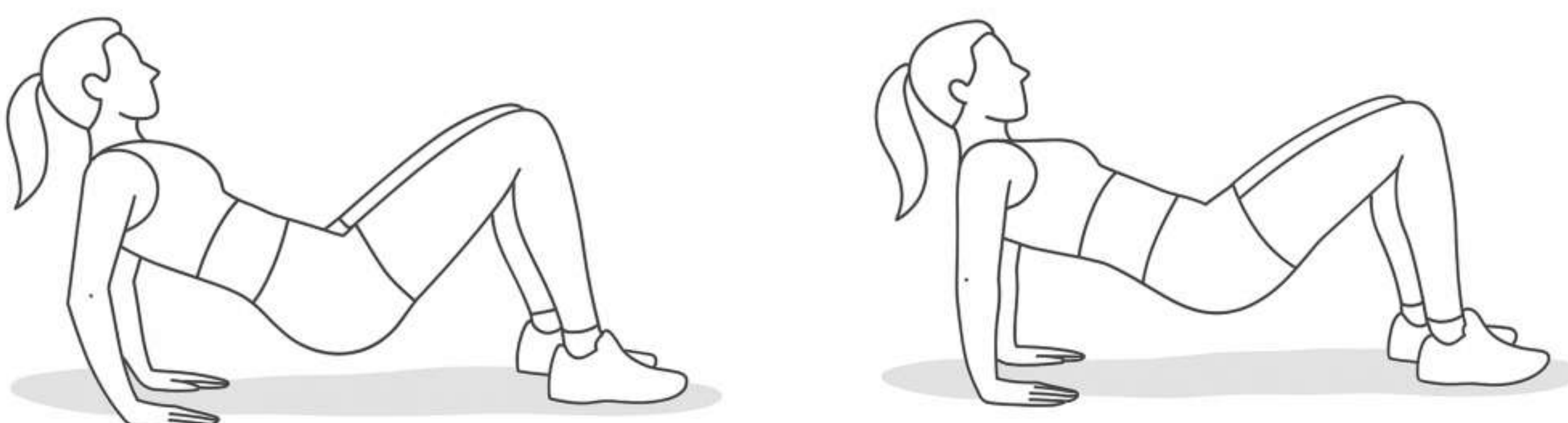
15 Reps



Sit down, hold the band at shoulder height.  
Pull it apart, squeezing your shoulder blades.

**FLOOR TRICEP DIPS**

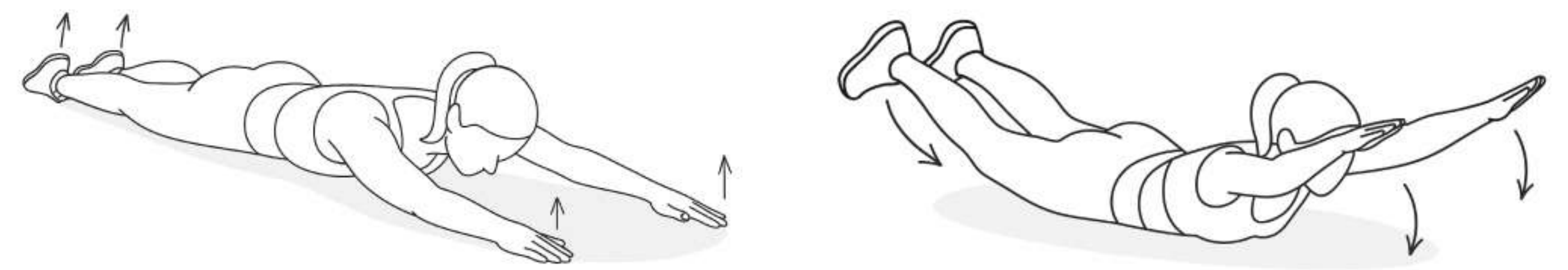
12 Reps



Sit with knees bent and hands behind you.  
Push hips up by straightening your arms.

**SUPERMAN ROWS**

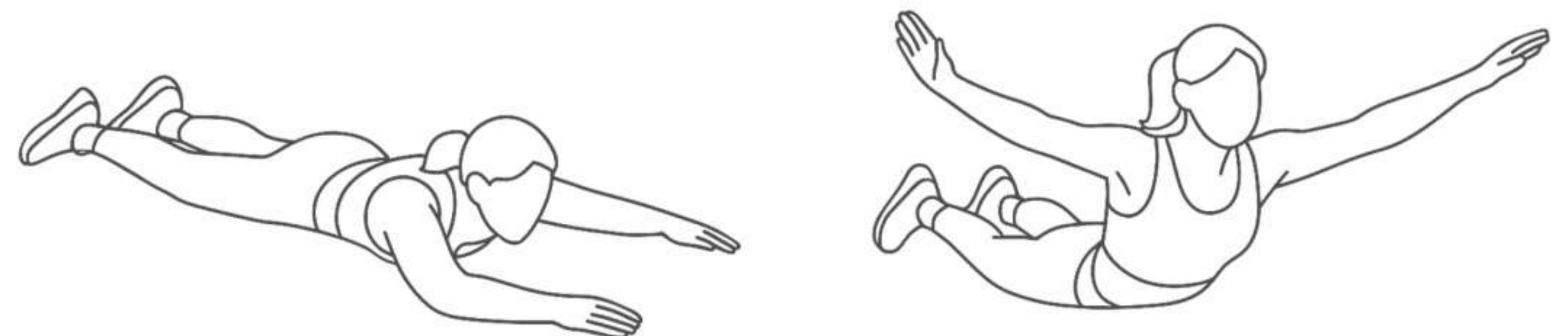
12 Reps



Lie face down, pull elbows back while lifting  
chest. Squeeze shoulder blades at the top.

**BODYWEIGHT REAR DELT RAISES**

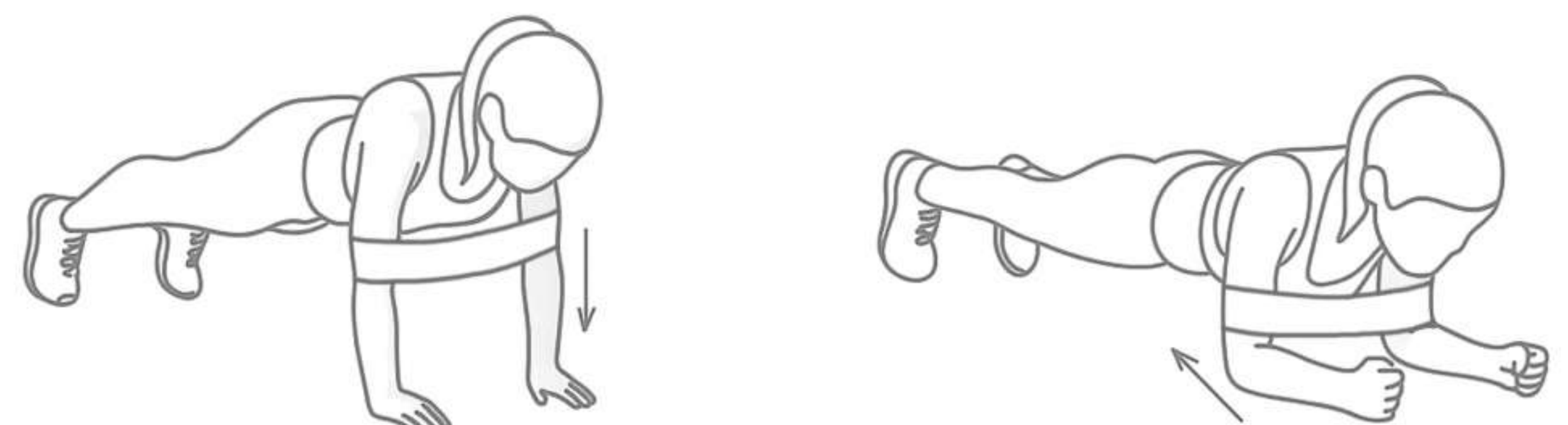
12 Reps



Lie face-down on the floor. Extend arms out  
in a "T".

**PLANK HOLD**

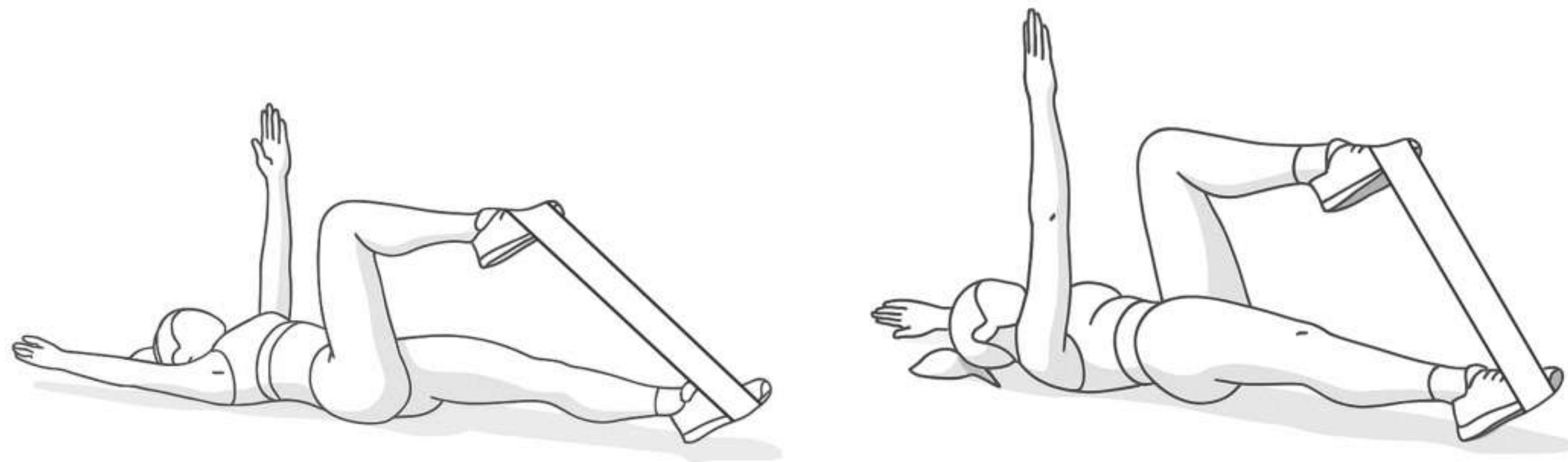
30 Sec



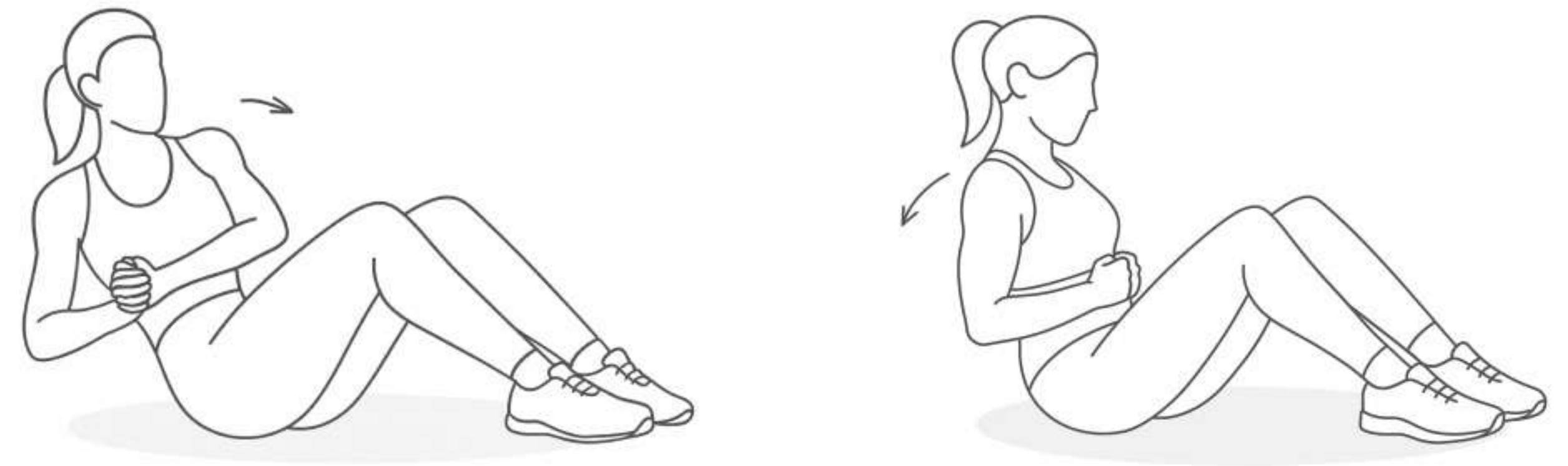
Engage your core. Keep a straight line  
from head to heels.

**DAY 17****CORE CHALLENGE****DEAD BUGS**  
(BODYWEIGHT)

10 Reps



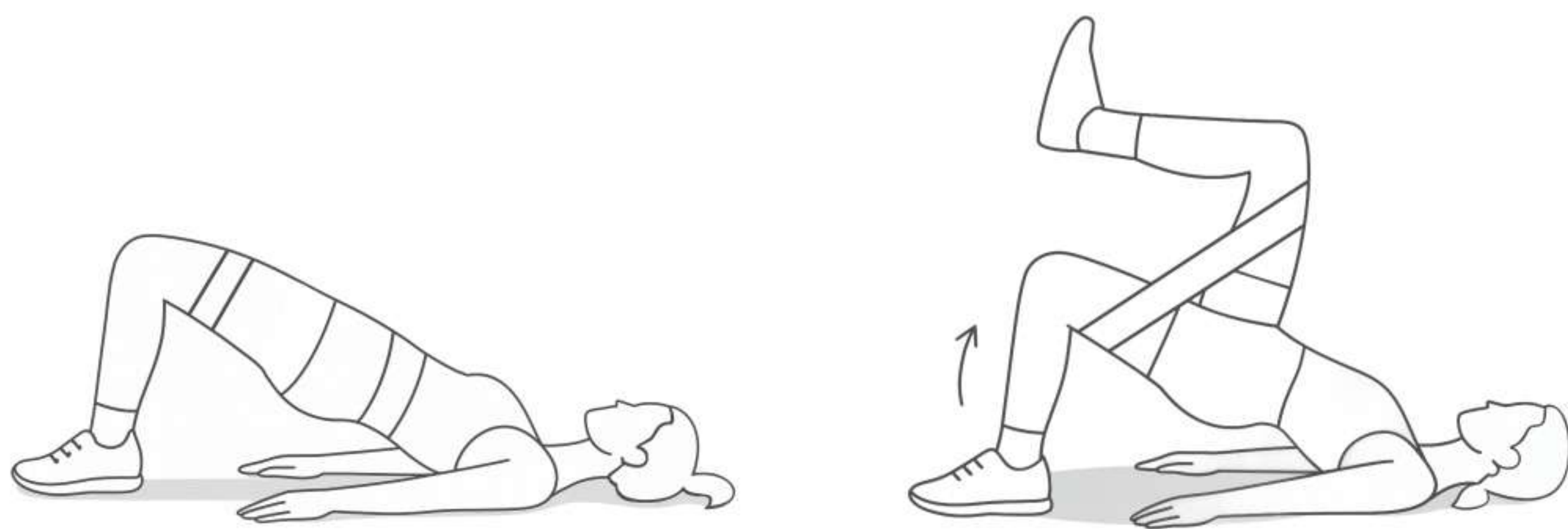
Opposite arm and leg extend. Keep your lower back pressed to the floor.

**SEATED RUSSIAN TWISTS** 12 Reps per side

Sit with feet up or on floor. Twist torso side to side, hands at chest.

**GLUTE BRIDGE MARCH**

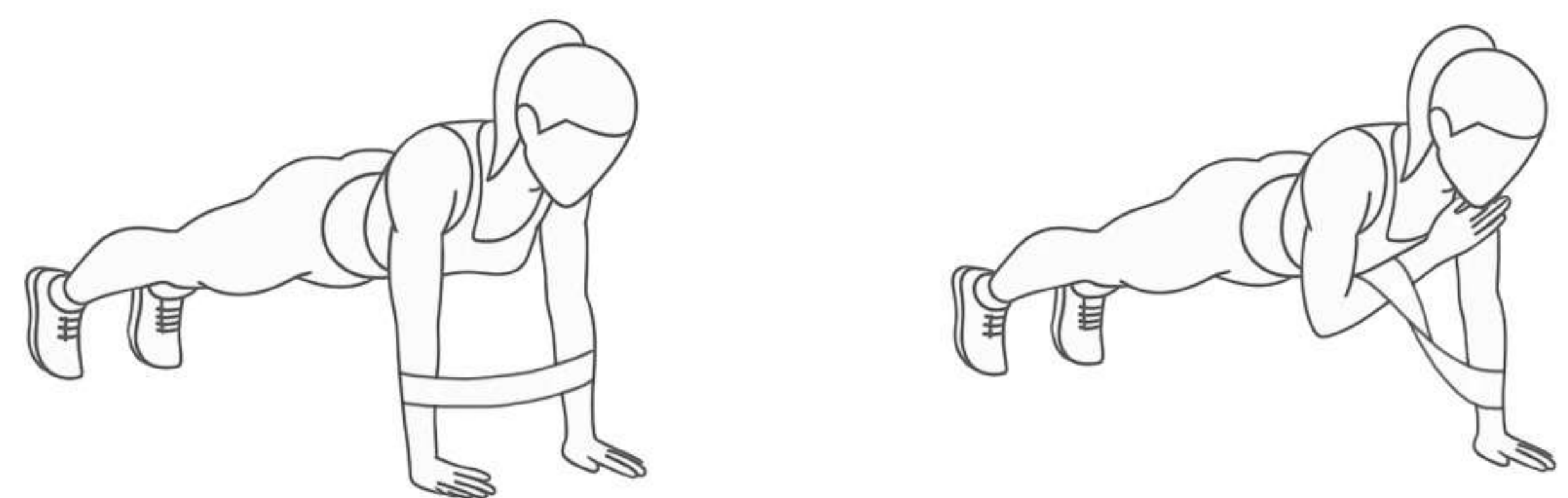
10 Reps



Lift one foot off the ground at a time while holding a glute bridge.

**PLANK WITH SHOULDER TAPS**

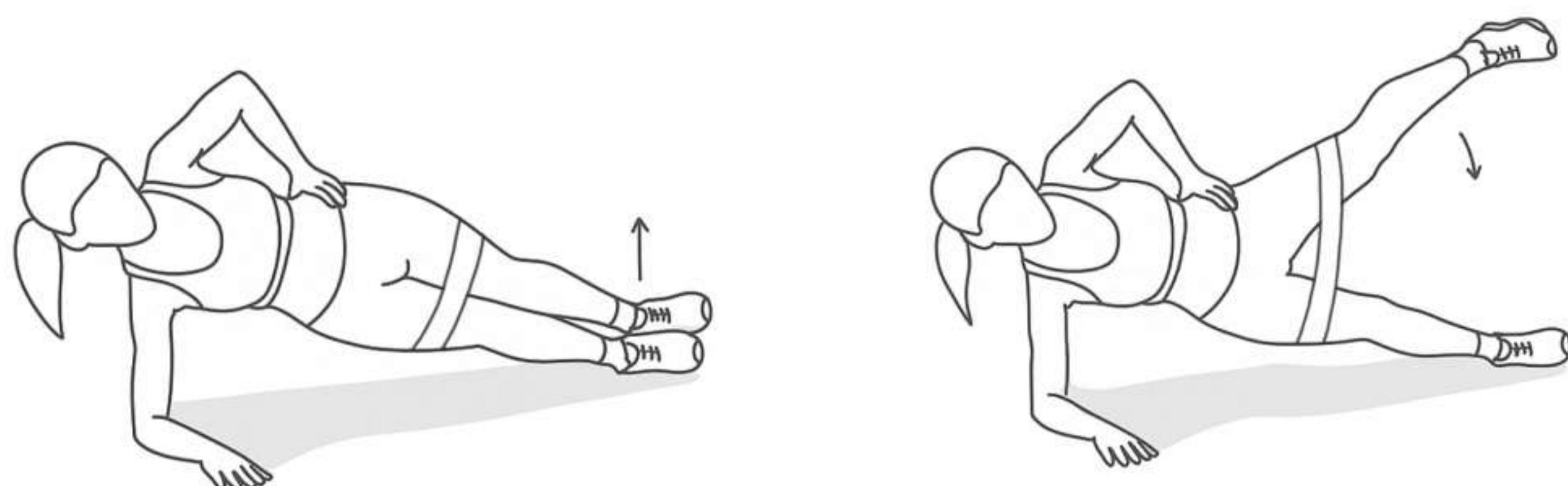
30 Sec



Minimize side-to-side sway. Tap with control.

**SIDE PLANK**  
(HOLD)

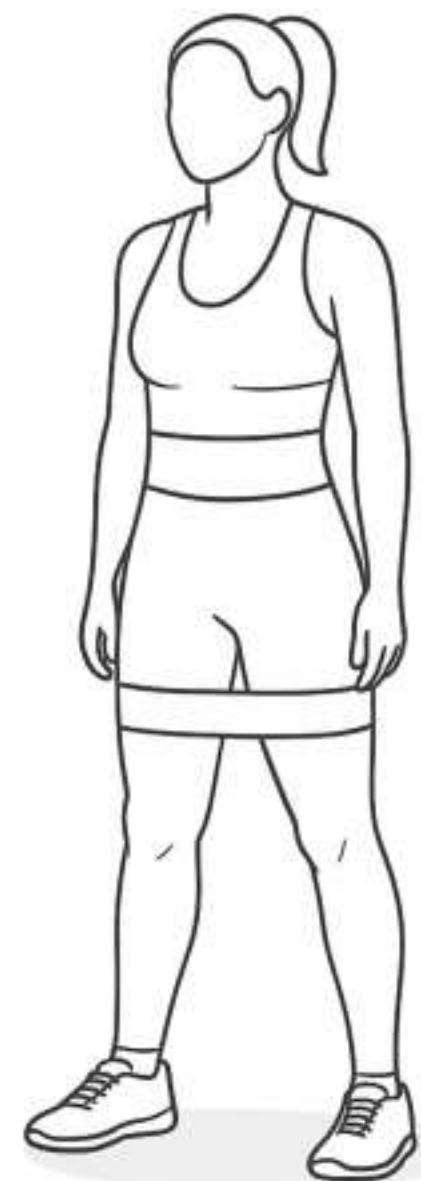
20 Sec per Side



Stack your hips and engage your obliques. Modify with bottom knee down.

**DAY 18****LOWER BODY + PLYO****SQUATS**  
(GREY BAND)

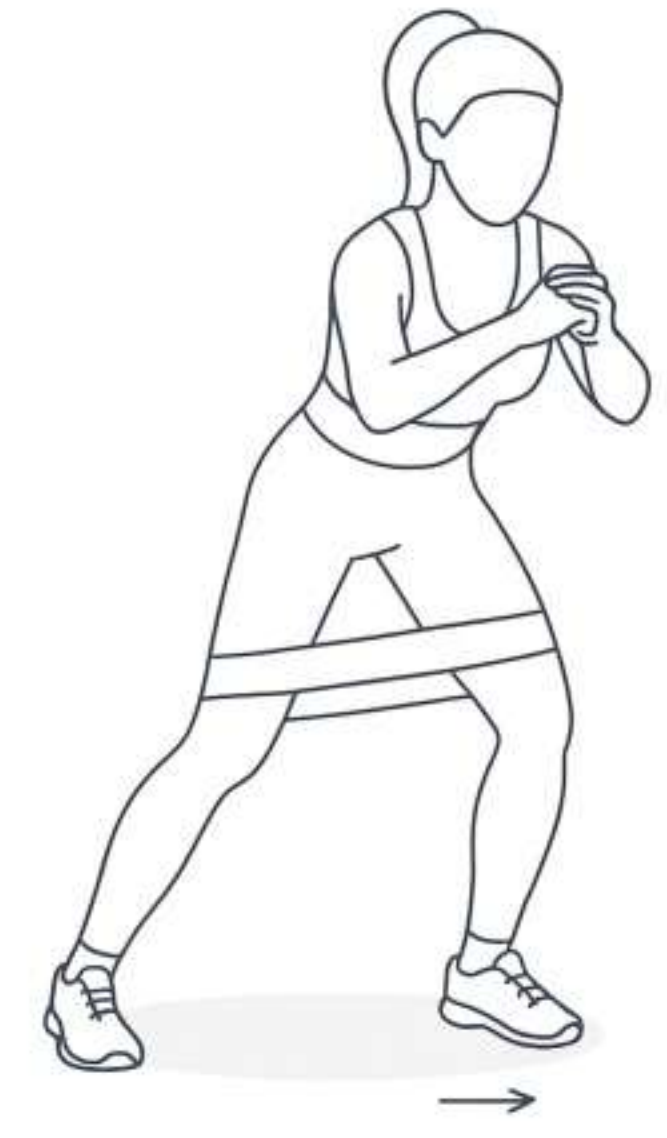
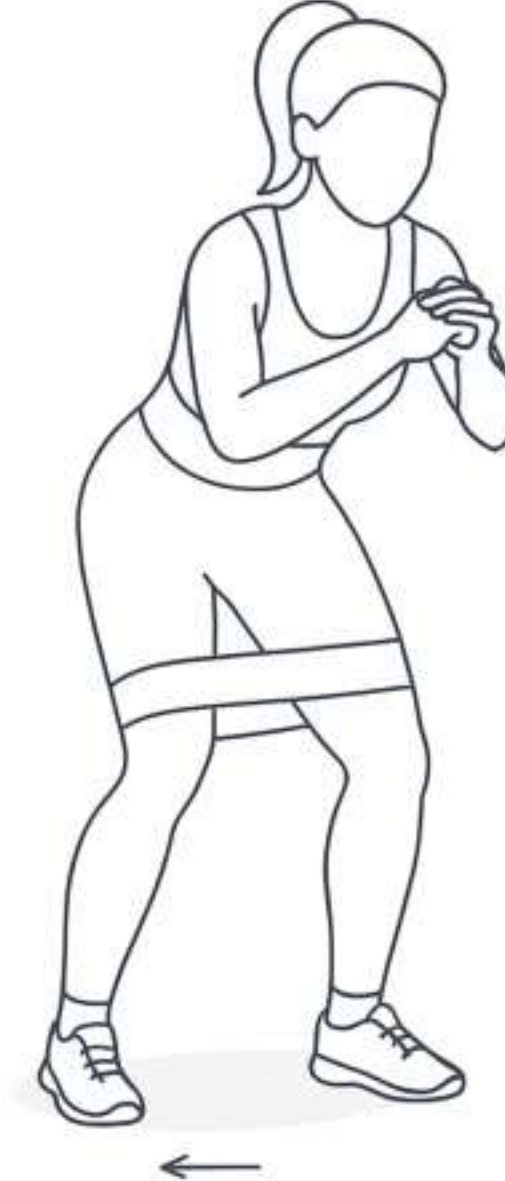
15 Reps



Sit hips back and drive knees slightly outward. Chest up, core tight.

**REVERSE LUNGES**

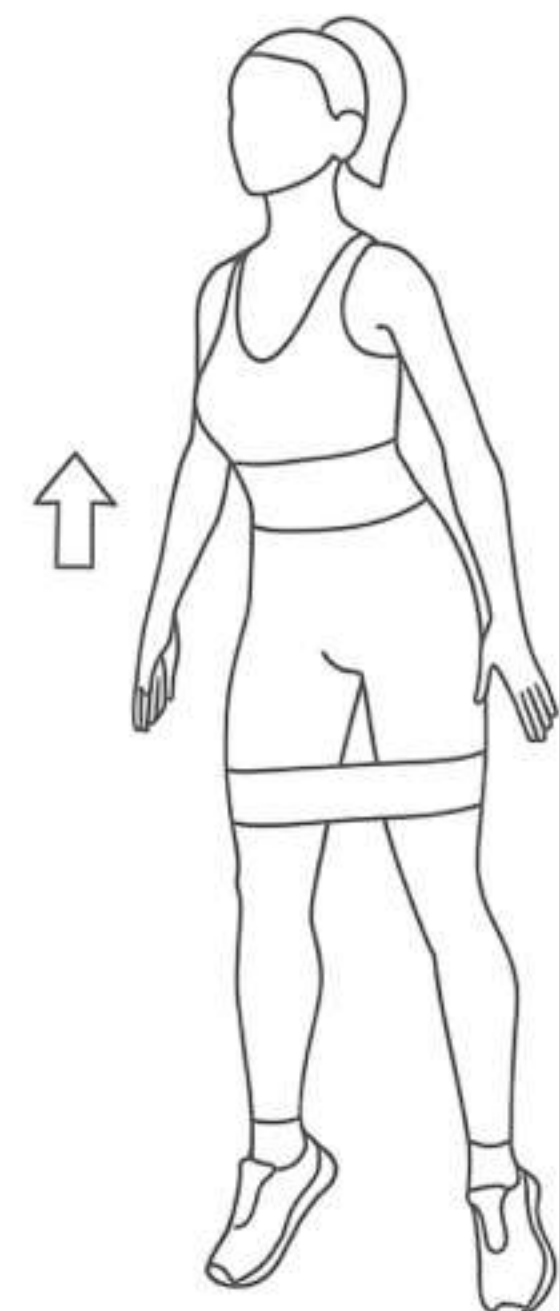
10 Reps per Leg



Step back and drop into 90° angles. Keep front knee stacked over ankle.

**JUMP SQUATS**

10 Reps



Explode up, land softly. Keep tension through the legs and core.

**DONKEY KICKS**  
(YELLOW BAND)

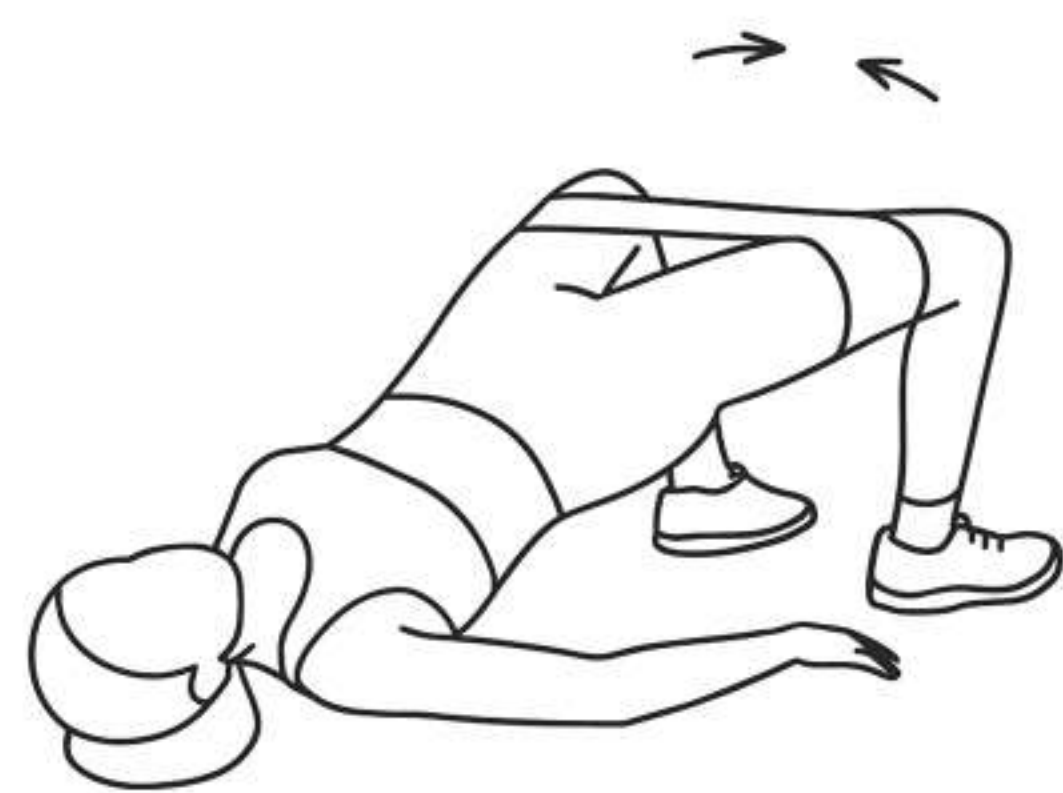
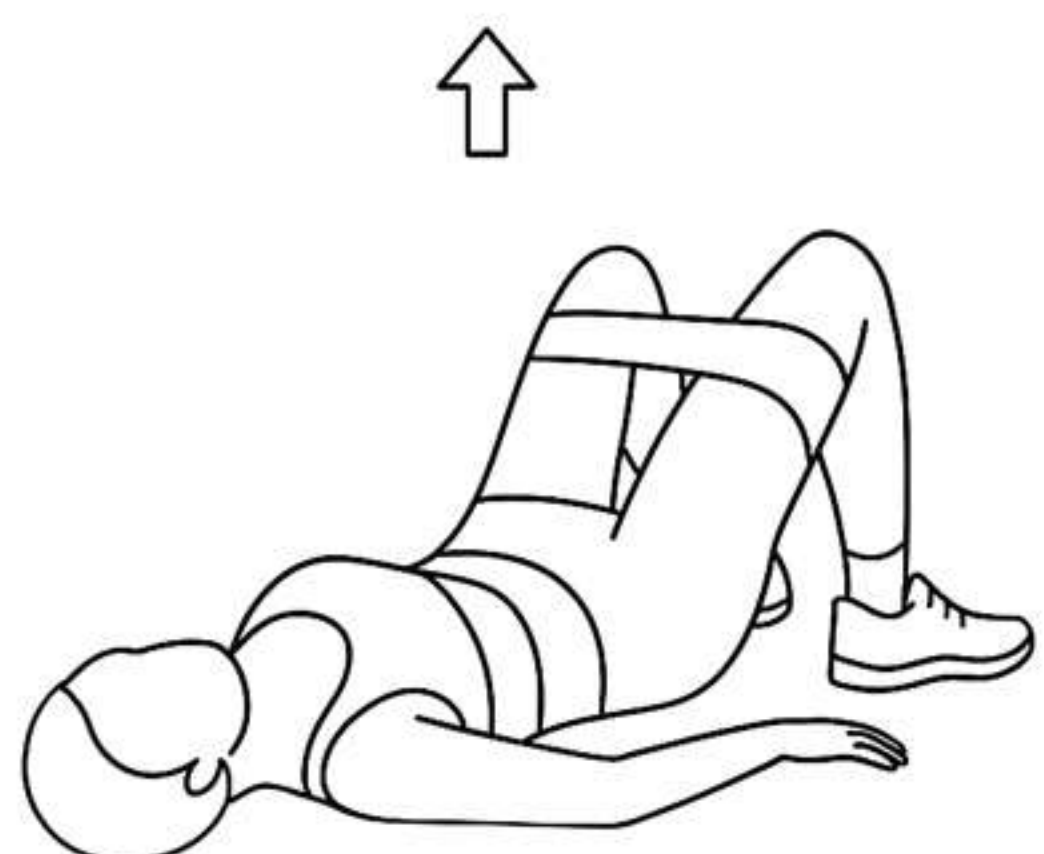
12 Reps per Side



Keep hips level and core engaged. Press foot toward ceiling.

**GLUTE BRIDGE**

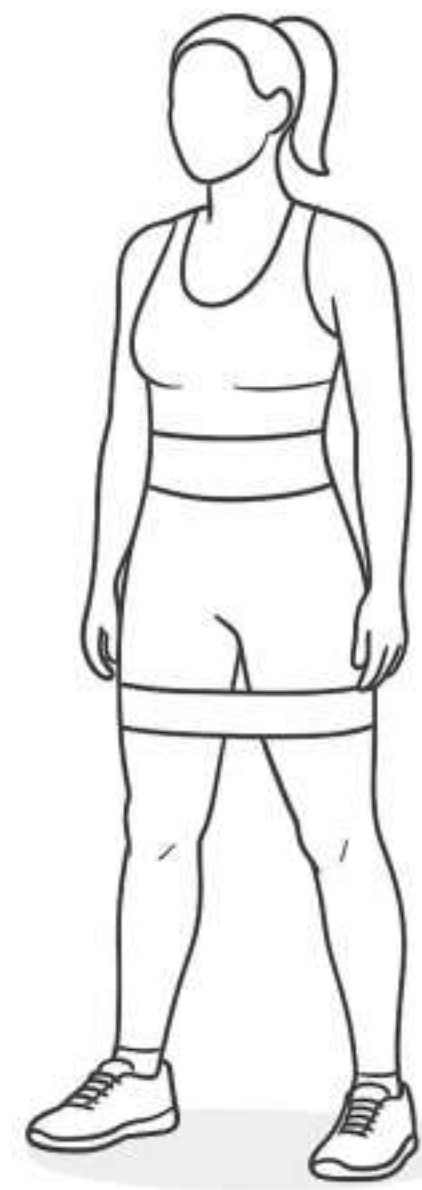
15 Reps



Press through your heels and lift your hips high. Squeeze your glutes at the top.

**DAY 19****FULL BODY SCULPT****SQUAT TO PRESS**  
(YELLOW BAND)

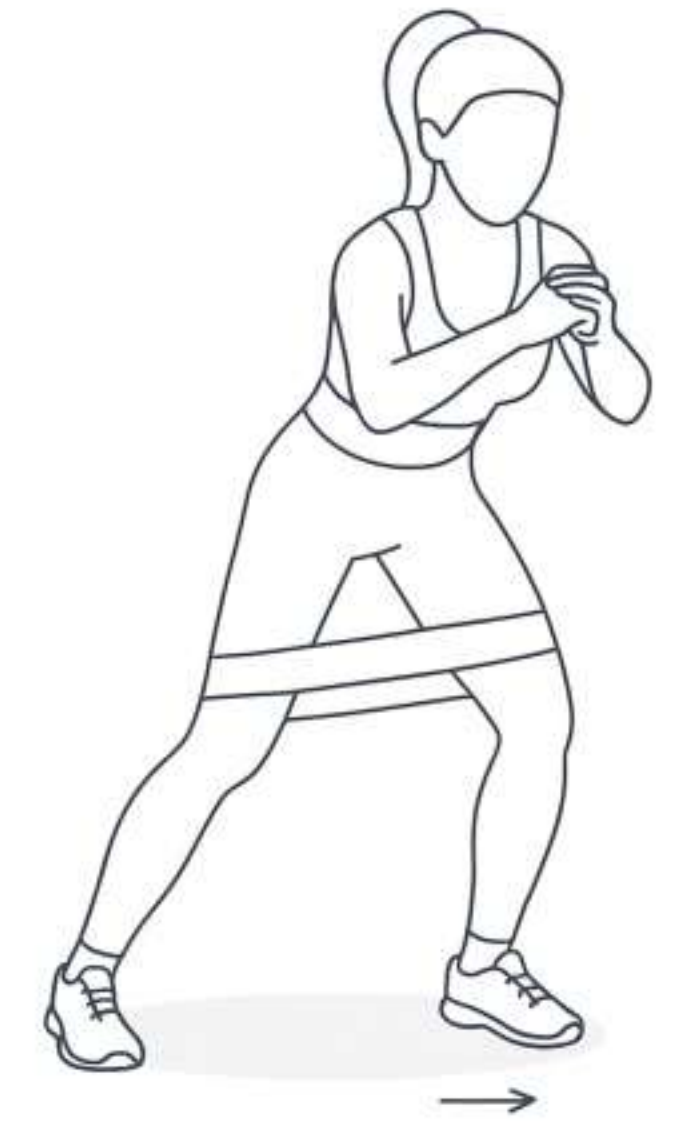
12 Reps



Perform a squat and drive up into an overhead press in one fluid motion.

**REVERSE LUNGES**  
(BODYWEIGHT OR BAND)

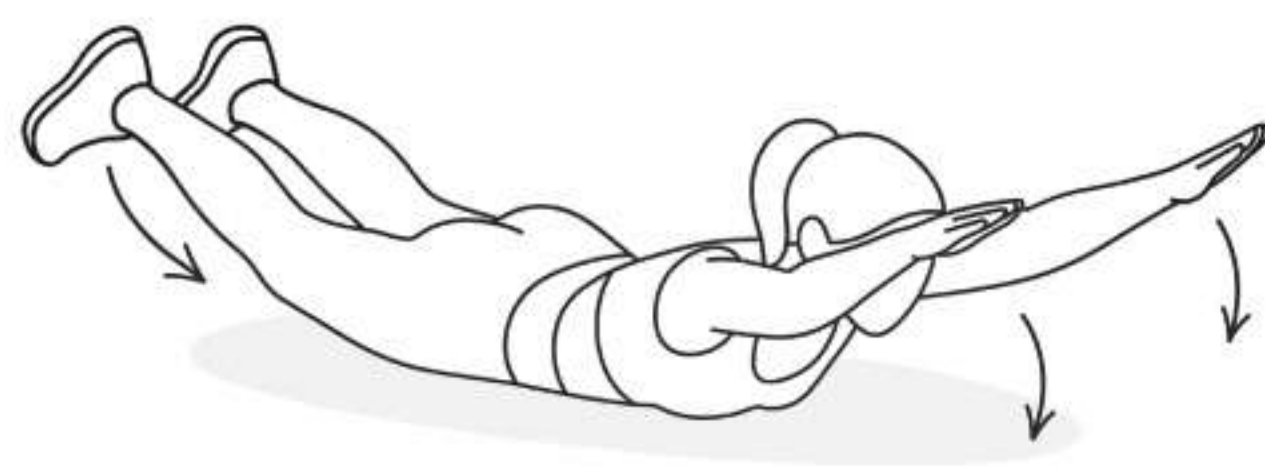
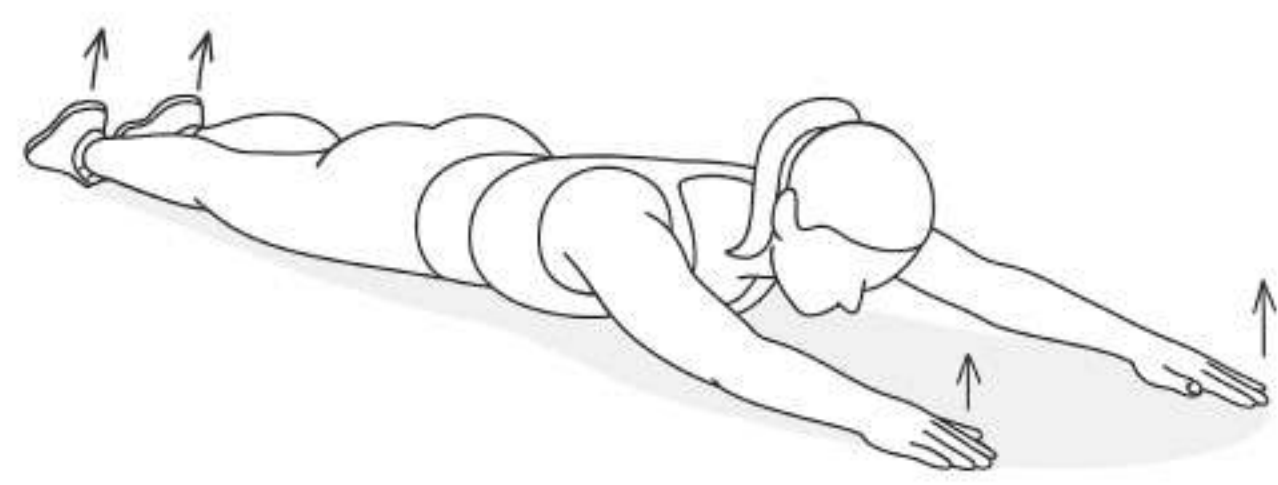
10 Reps



Step back and drop into 90° angles. Keep front knee stacked over ankle.

**SUPERMAN ROWS**

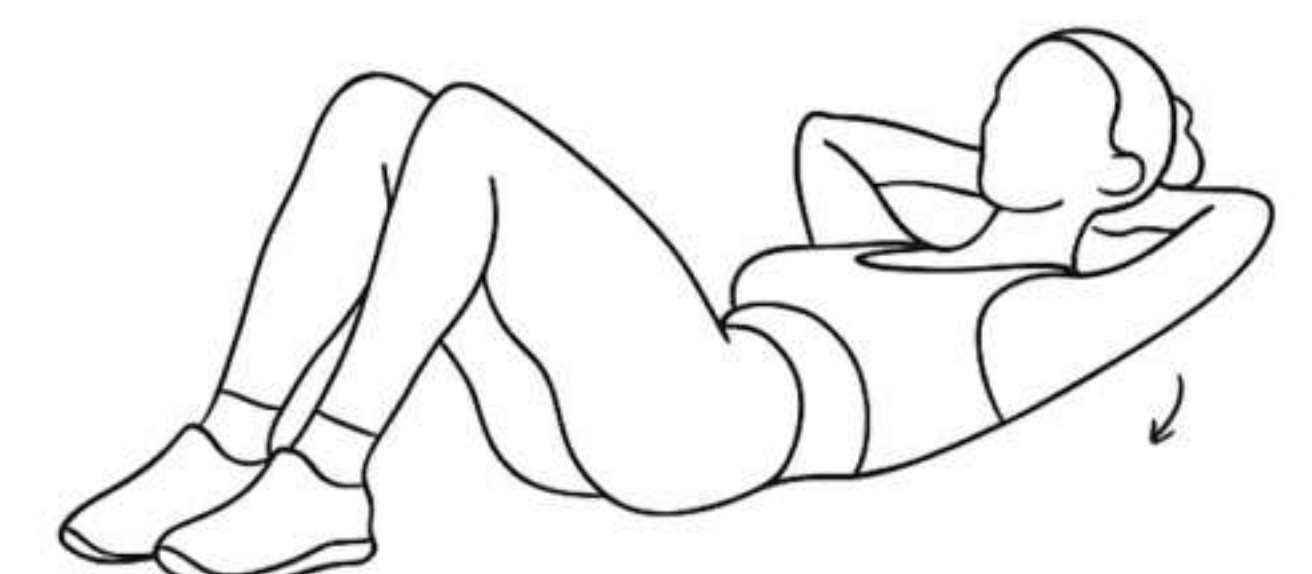
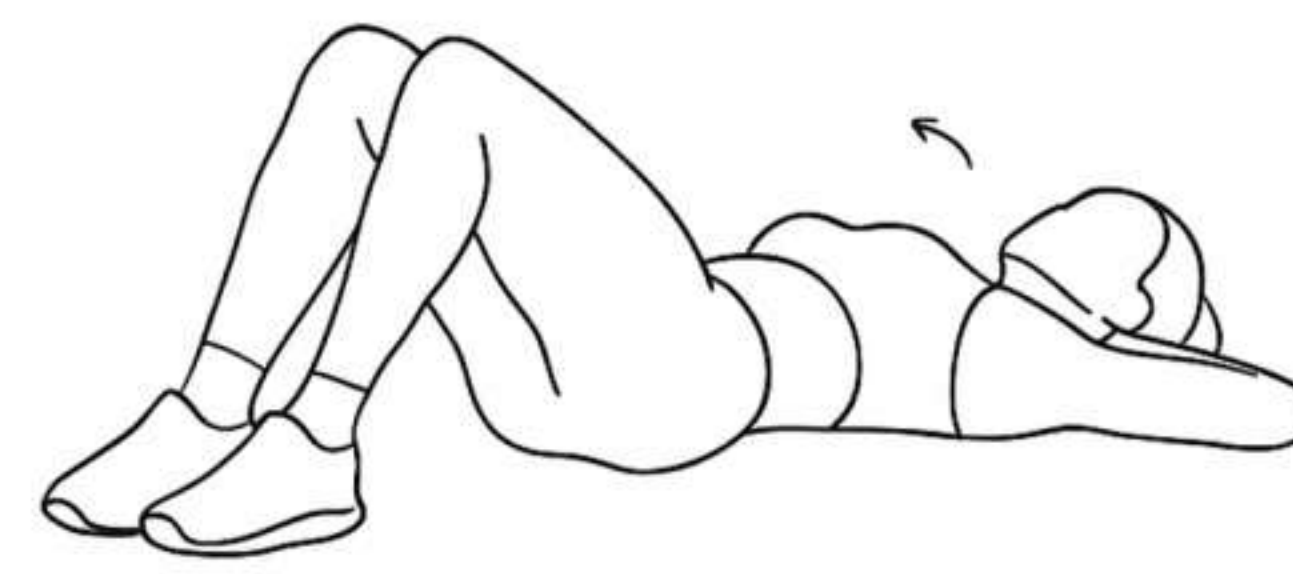
12 Reps



Lie face down, pull elbows back while lifting chest. Squeeze shoulder blades at the top.

**CRUNCHES**

12 Reps per Side



Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**GLUTE BRIDGE HOLD**

30 Seconds



Press hips high, engage glutes, and breathe.

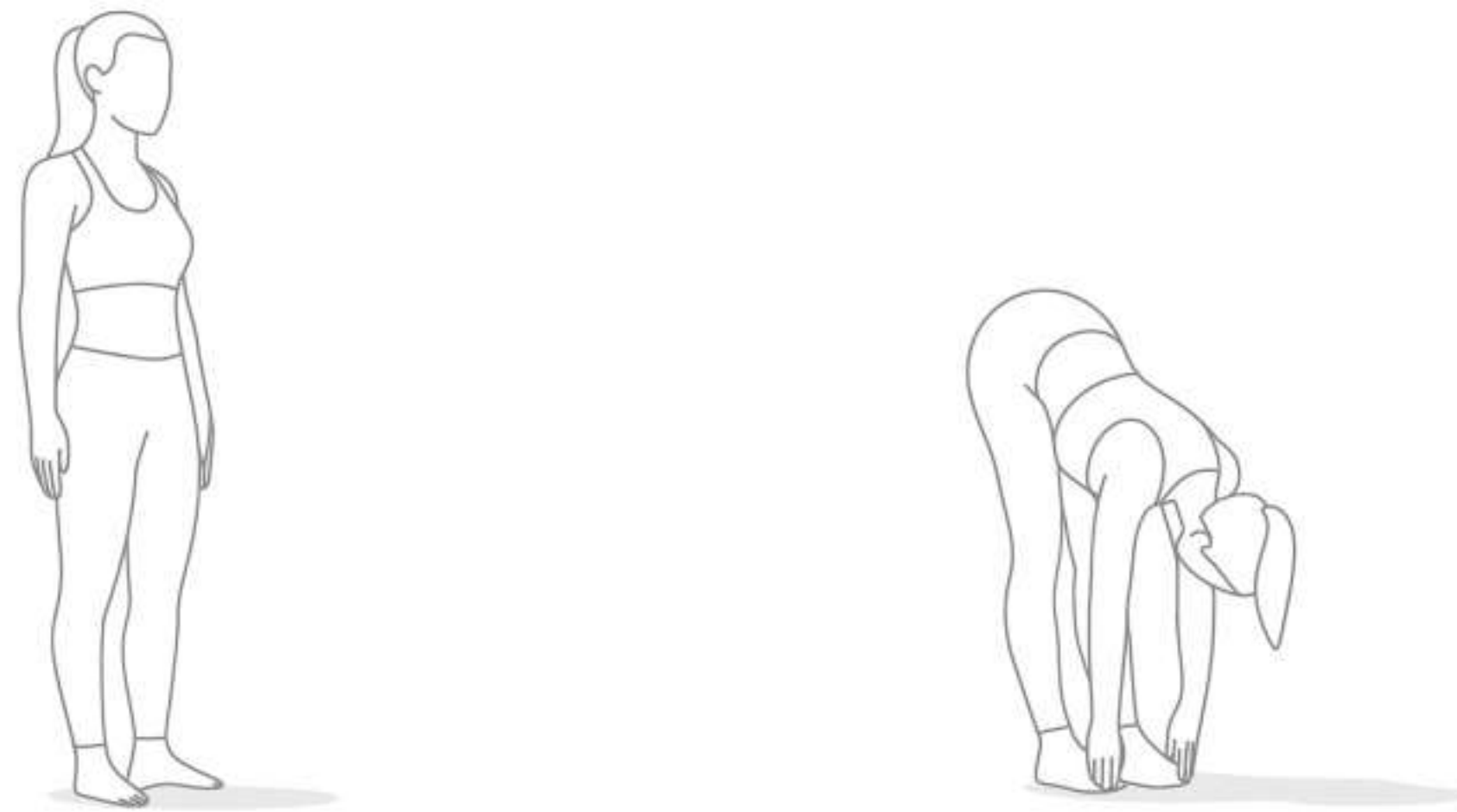
**DAY 20**

**RECOVERY & MOBILITY**

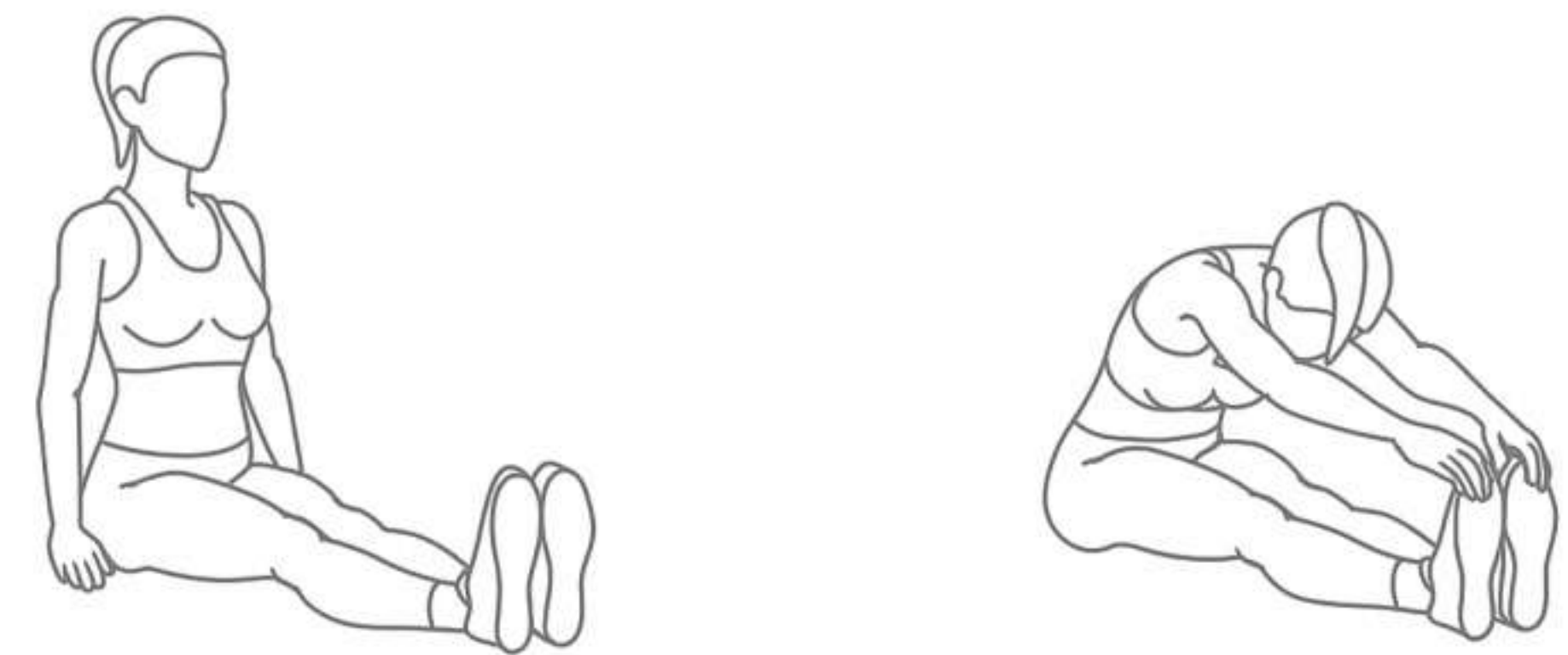
Stretch Flow

*(Hold each for 30 seconds)*

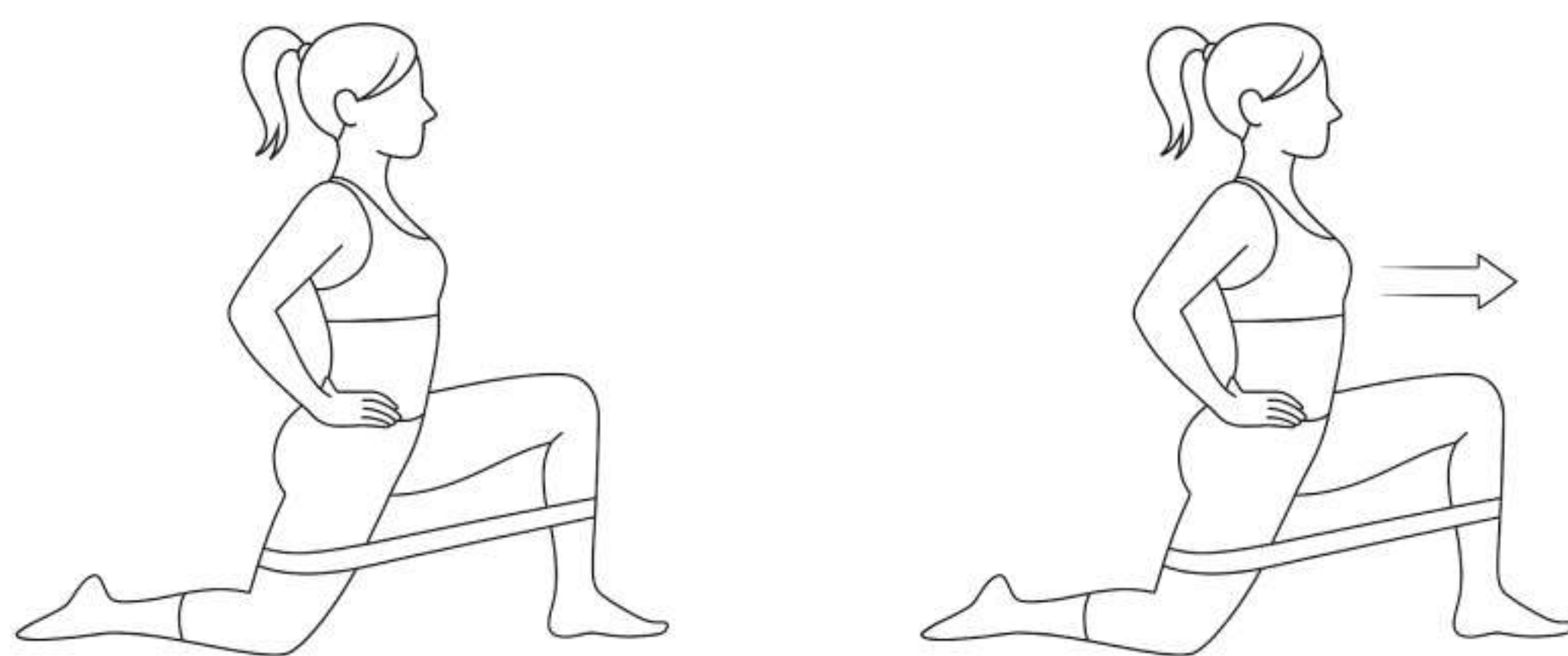
**Forward Fold**



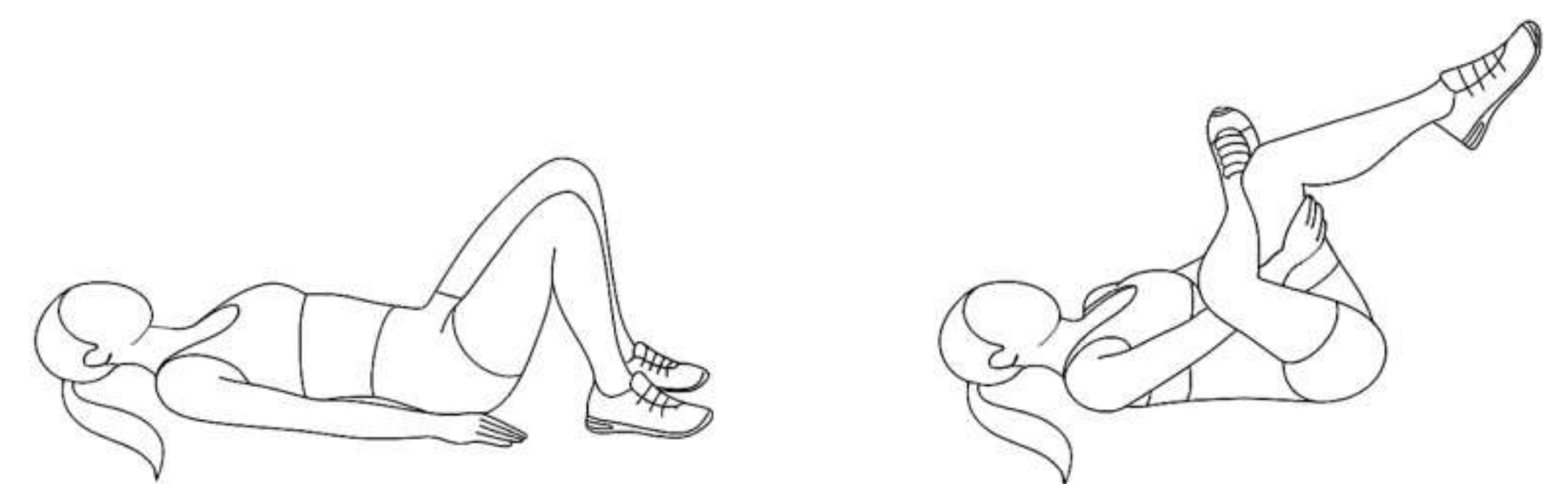
**Seated Hamstring Stretch**



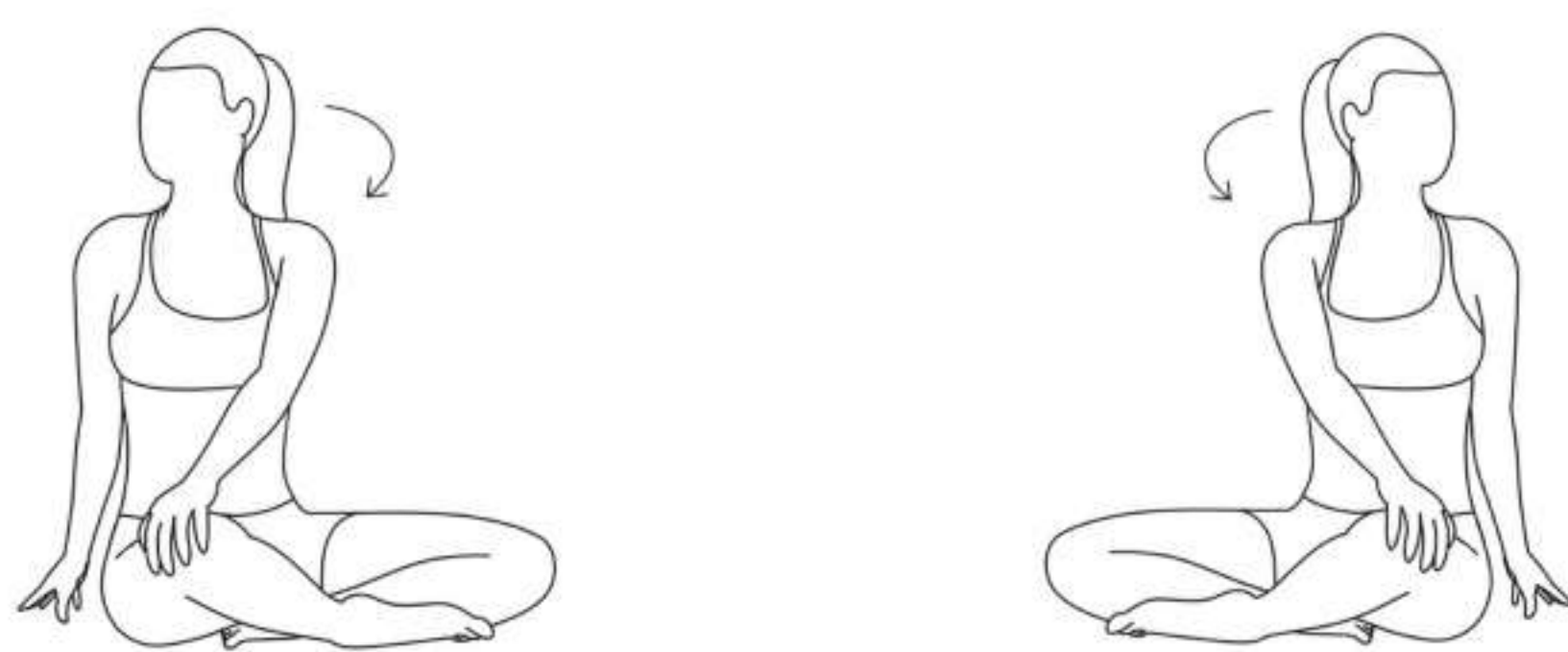
**Hip Flexor Stretch**



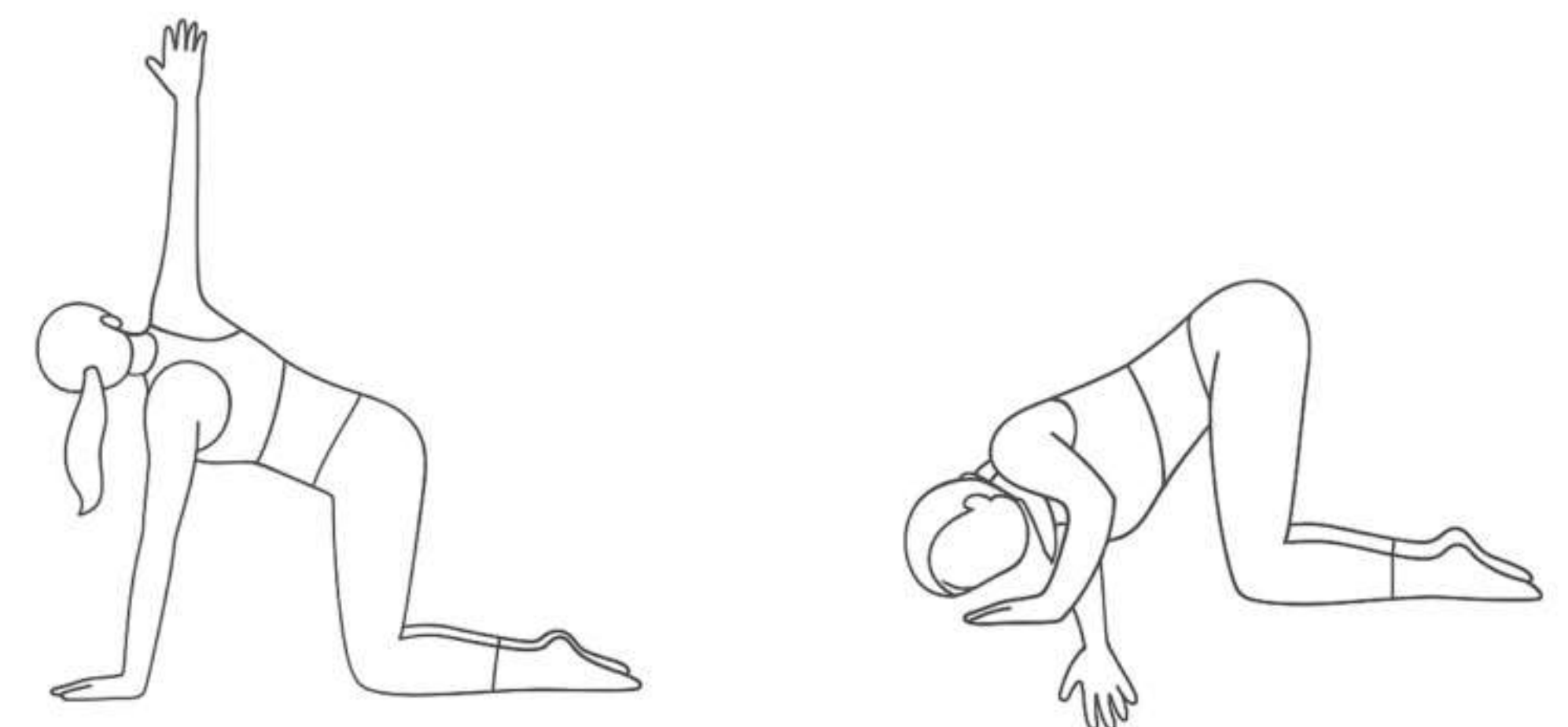
**Supine Glute Stretch**



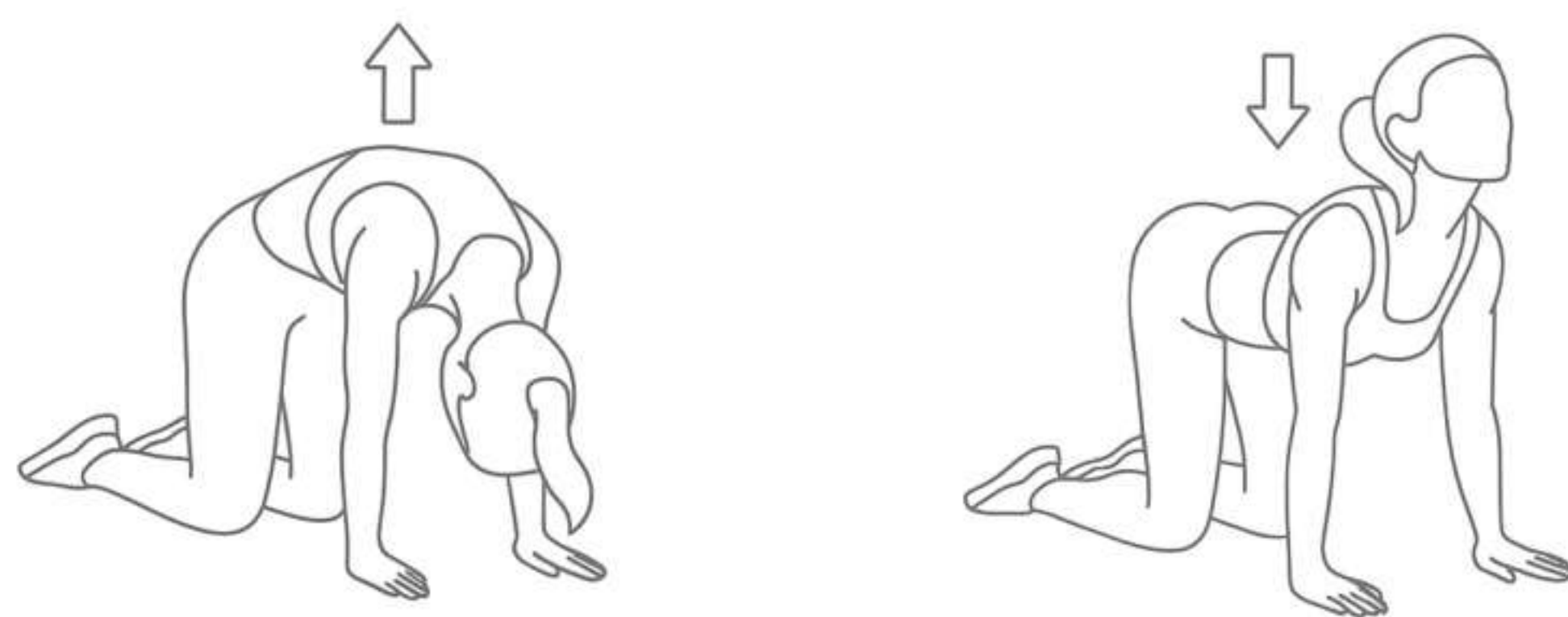
**Seated Spinal Twist**



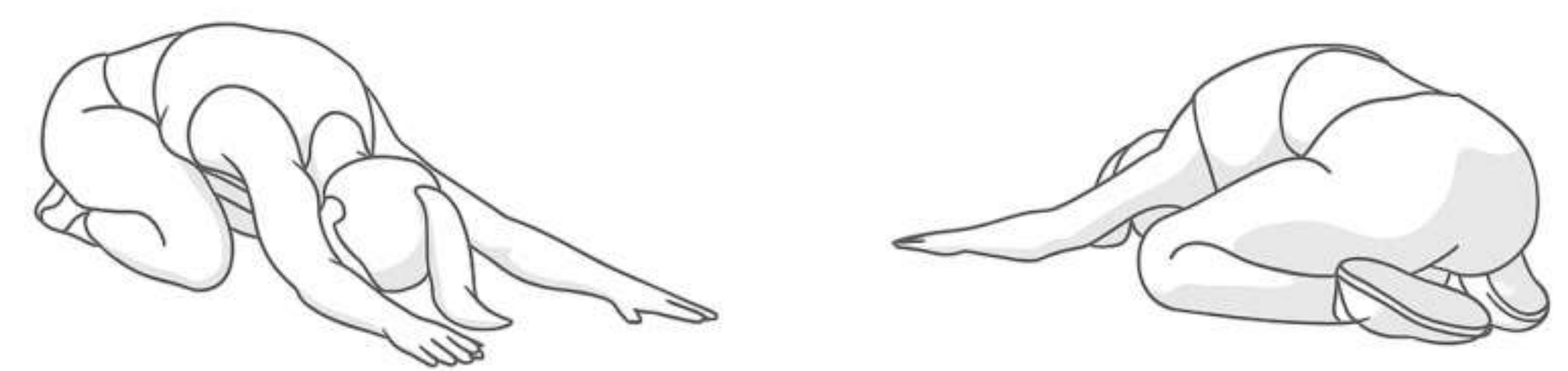
**Thread-the-Needle**



**Cat-Cow**



**Child's Pose**



**DAY 21**

**REST & RESET**

Full rest day.

Hydrate, move gently, and give your body time to adapt. You're nearly there.

**WEEK 4****PEAK CHALLENGE & FINISH STRONG****TARGET****3 Rounds****Beginner: 1 Round****Advanced: 4 Rounds**

This final week pushes your strength, endurance, and mental grit. The circuits are designed to challenge your coordination, stamina, and form under fatigue. You'll combine the best of what you've built so far into powerful full-body sessions that leave you feeling accomplished and ready to repeat or progress.

**Day 22**

Glutes + Core Sculpt

**Day 23**

Upper Body Burnout

**Day 24**

Core + Conditioning

**Day 25**

Lower Body Strength + Burn

**Day 26**

Full Body Endurance

**Day 27**

Recovery &amp; Gratitude

**Day 28**

Celebration &amp; Reset

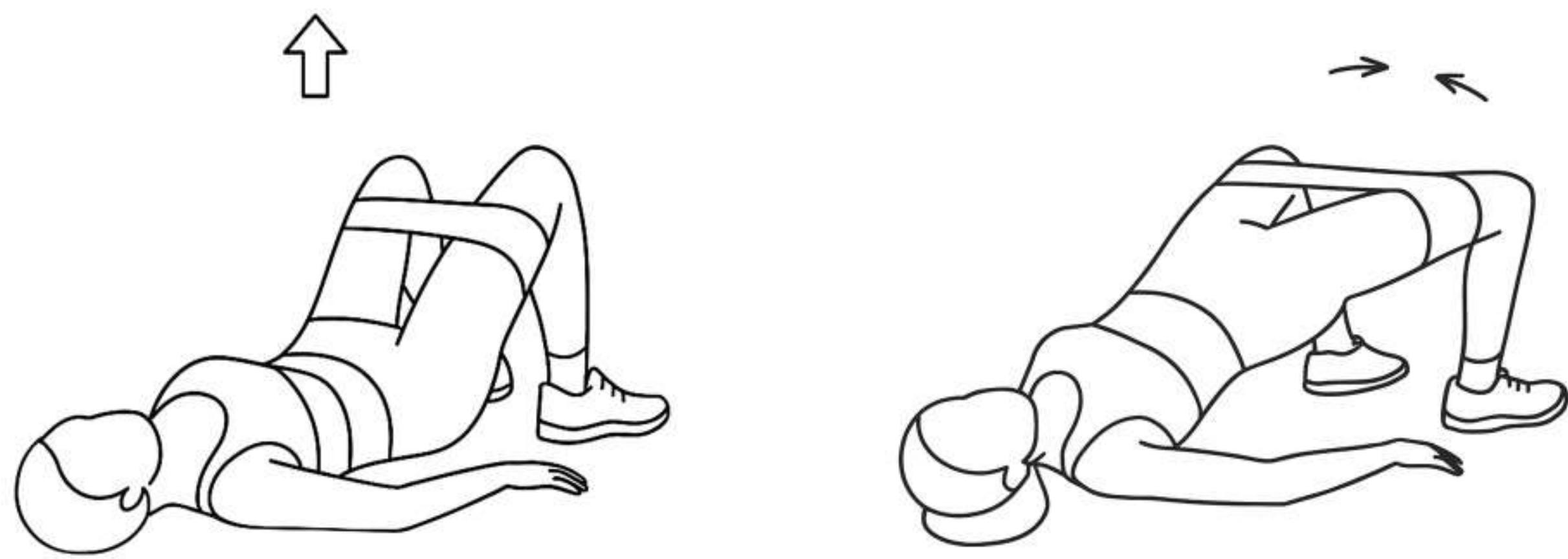


**DAY 22**

**GLUTES + CORE SCULPT**

**GLUTE BRIDGE**

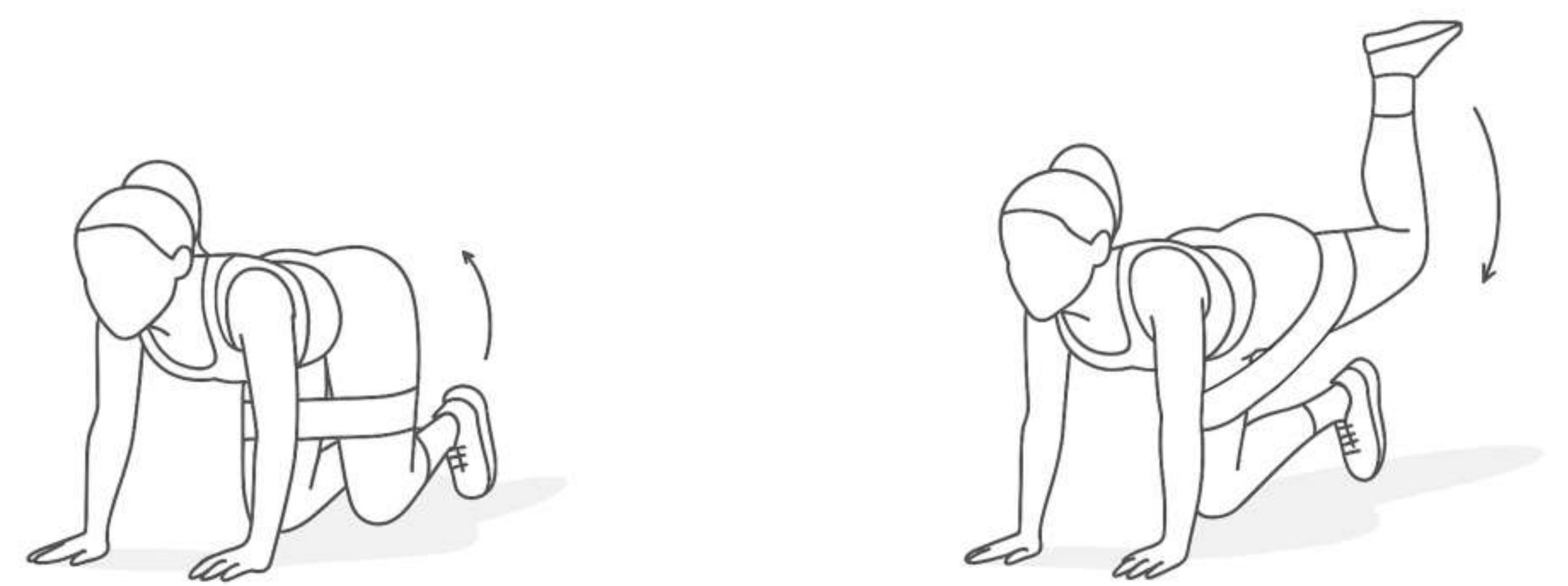
15 Reps



Press through your heels and lift your hips high. Squeeze your glutes at the top.

**DONKEY KICKS**  
(YELLOW BAND)

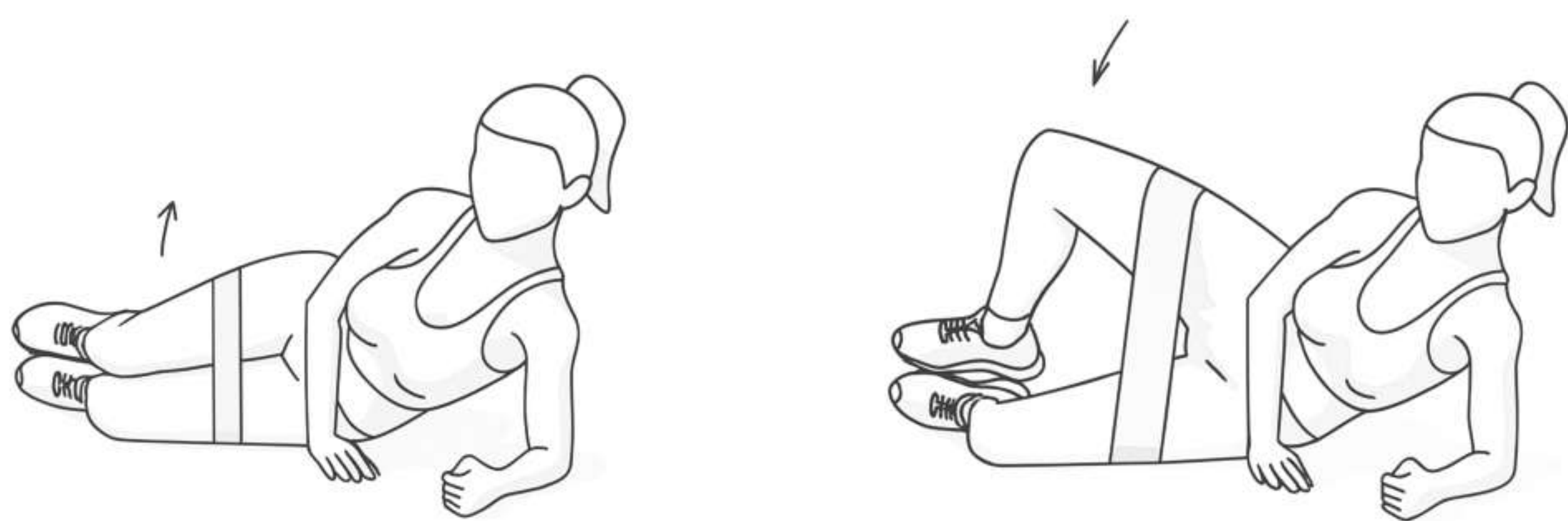
12 Reps per Side



Keep hips level and core engaged. Press foot toward ceiling.

**CLAMSHELLS**

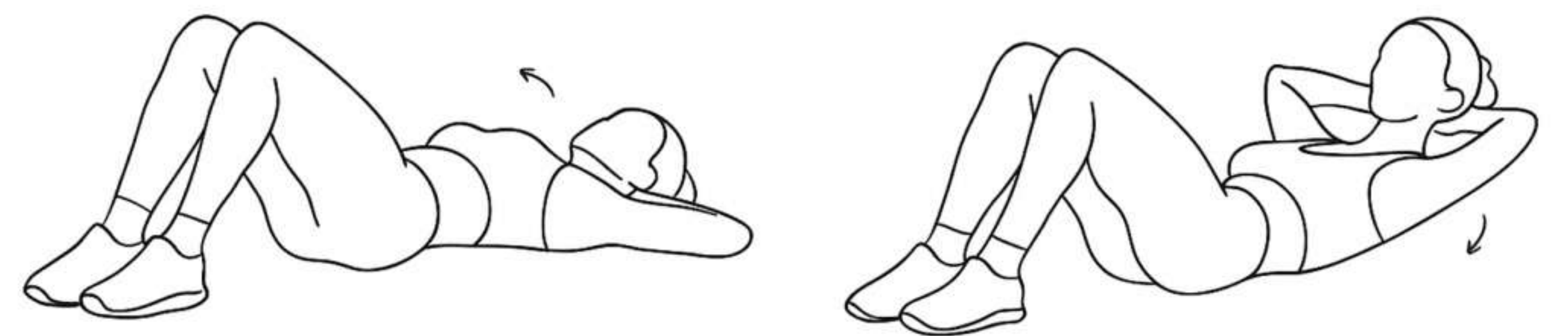
12 Reps per Side



Feet stay together. Open your knees wide and pause briefly at the top.

**CRUNCHES**

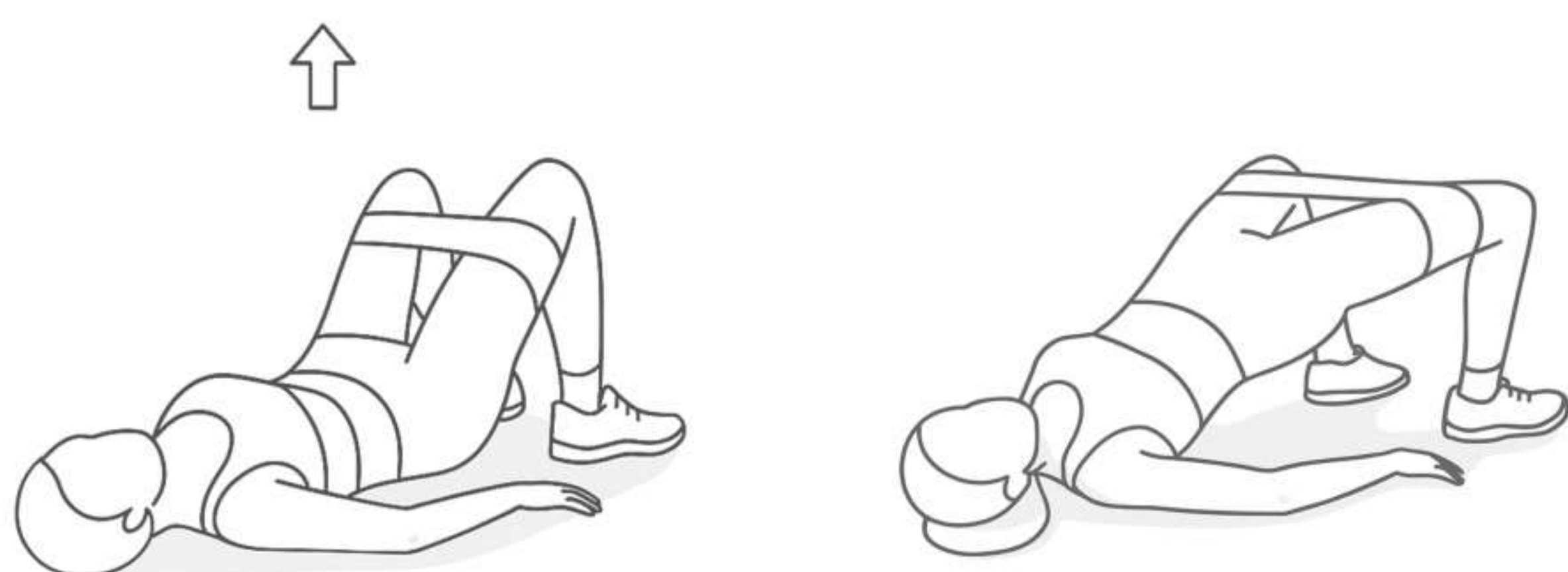
12 Reps



Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**GLUTE BRIDGE**  
**WITH ABDUCTION HOLD**

10 Reps +  
10 Second Hold



At the top of your bridge, push knees outward and hold the tension.

**DAY 23****UPPER BODY BURNOUT****BODYWEIGHT CHEST PRESS  
(FLOOR PUSH-UPS)**

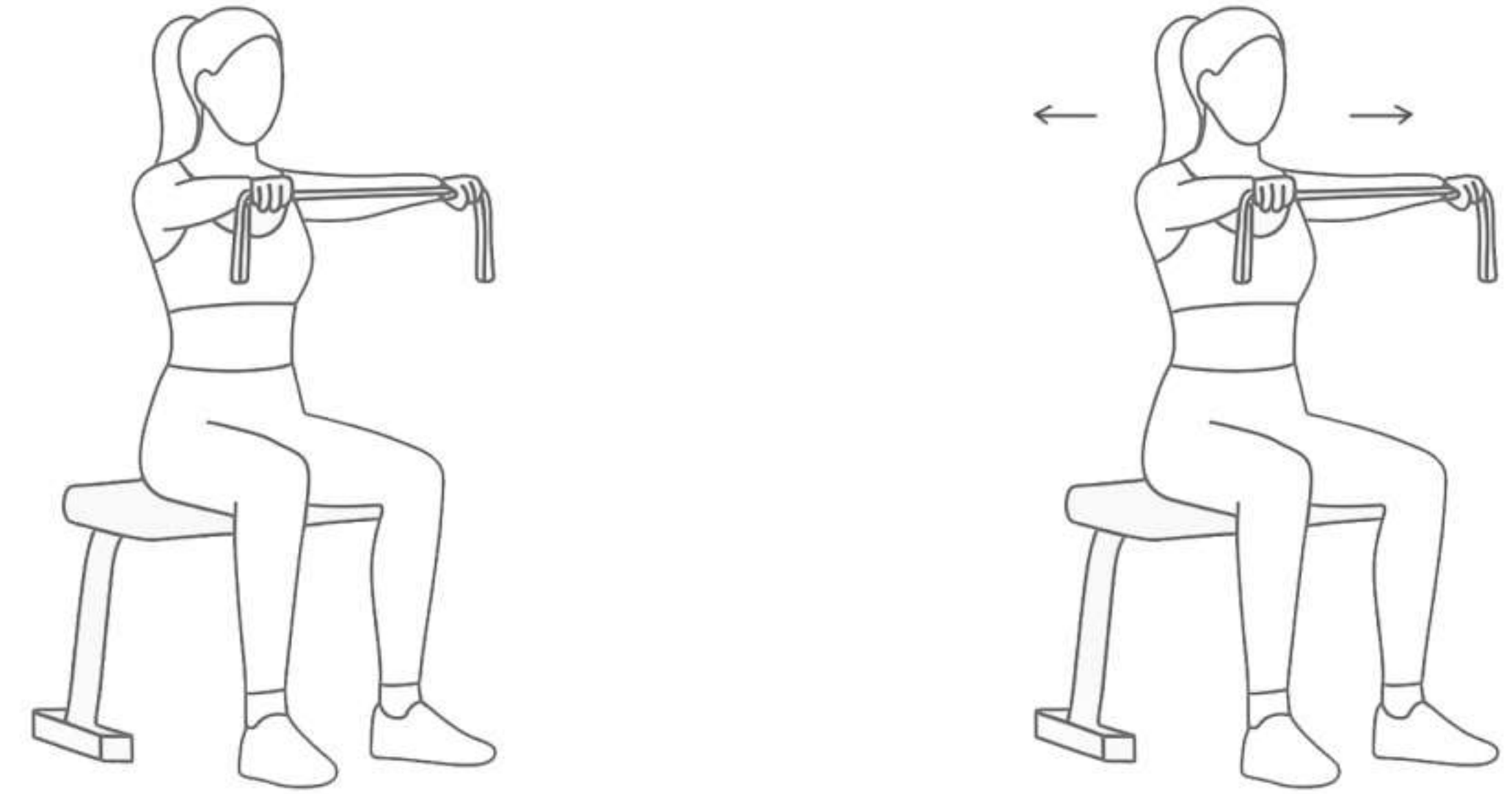
12 Reps



Lower your chest slowly, keeping elbows at a 45° angle, then push back up.

**SEATED BAND PULL-APARTS**

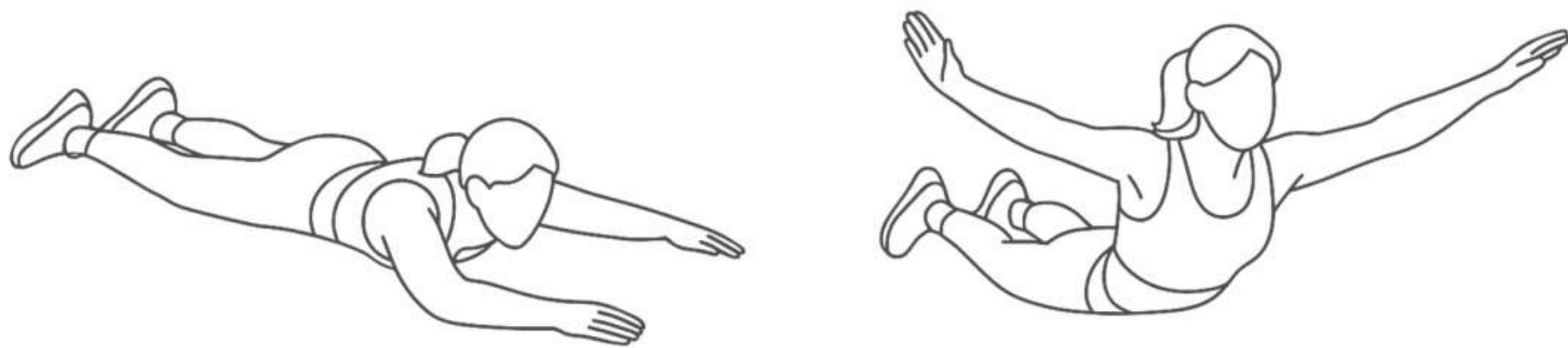
15 Reps



Sit down, hold the band at shoulder height. Pull it apart, squeezing your shoulder blades.

**BODYWEIGHT REAR DELT RAISES**

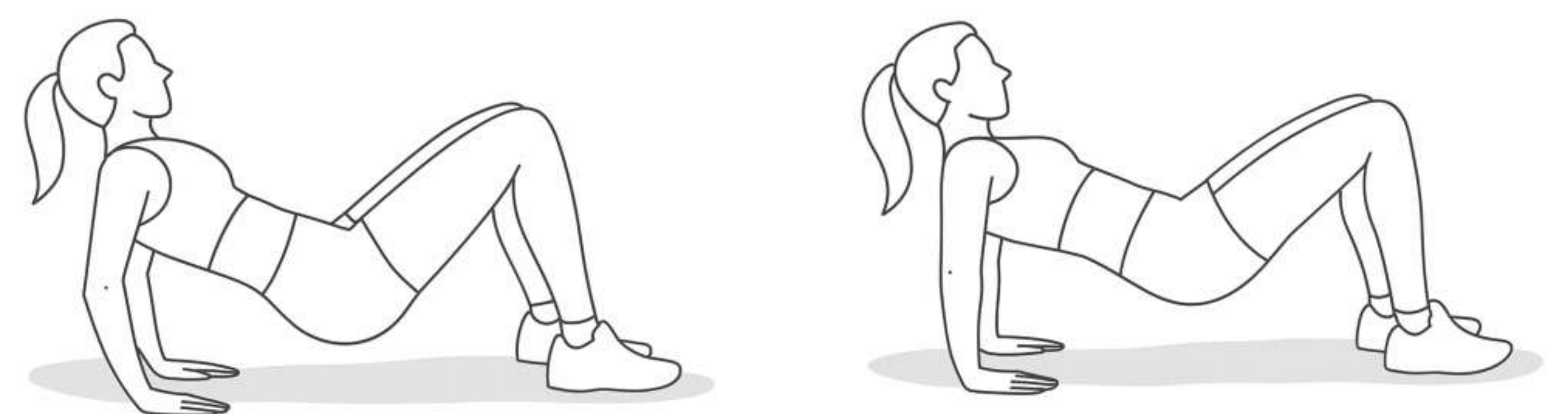
12 Reps



Lie face-down. Extend arms in a "T". Raise arms slightly, squeezing shoulder blades.

**FLOOR TRICEP DIPS**

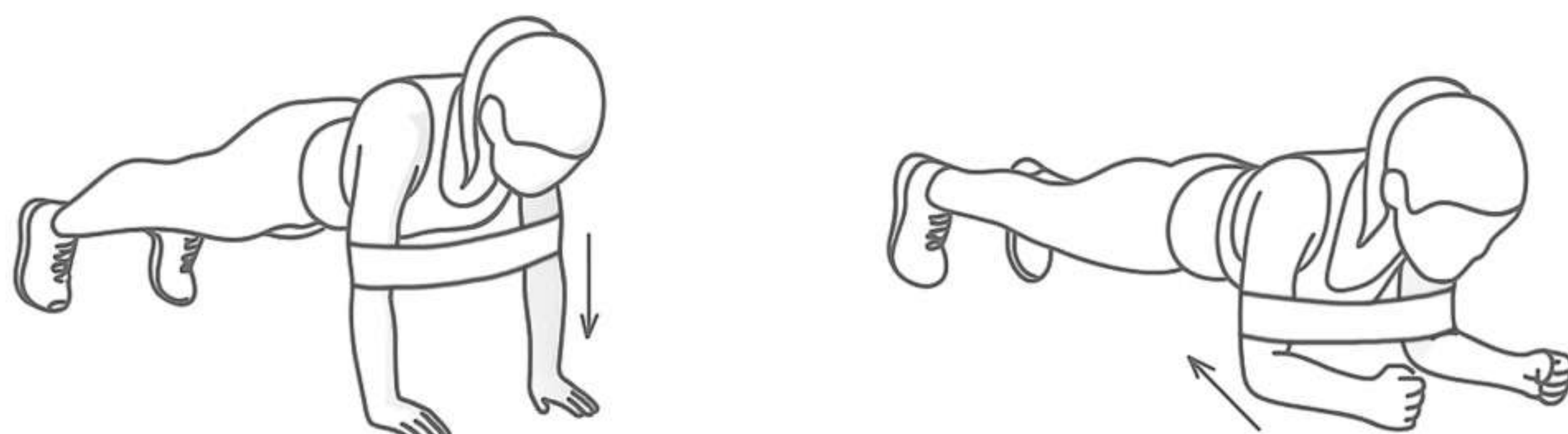
12 Reps



Sit with knees bent, hands behind. Push hips up, then lower.

**PLANK HOLD**

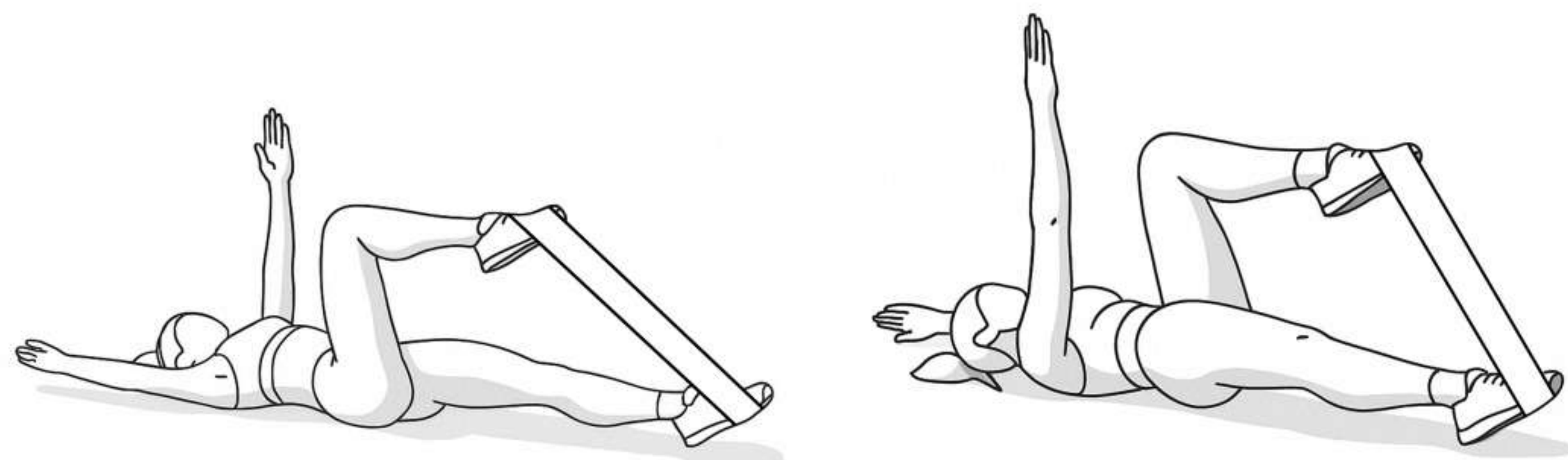
30 Sec



Engage your core. Keep a straight line from head to heels.

**DAY 24****CORE + CONDITIONING****DEAD BUGS**  
(BODYWEIGHT)

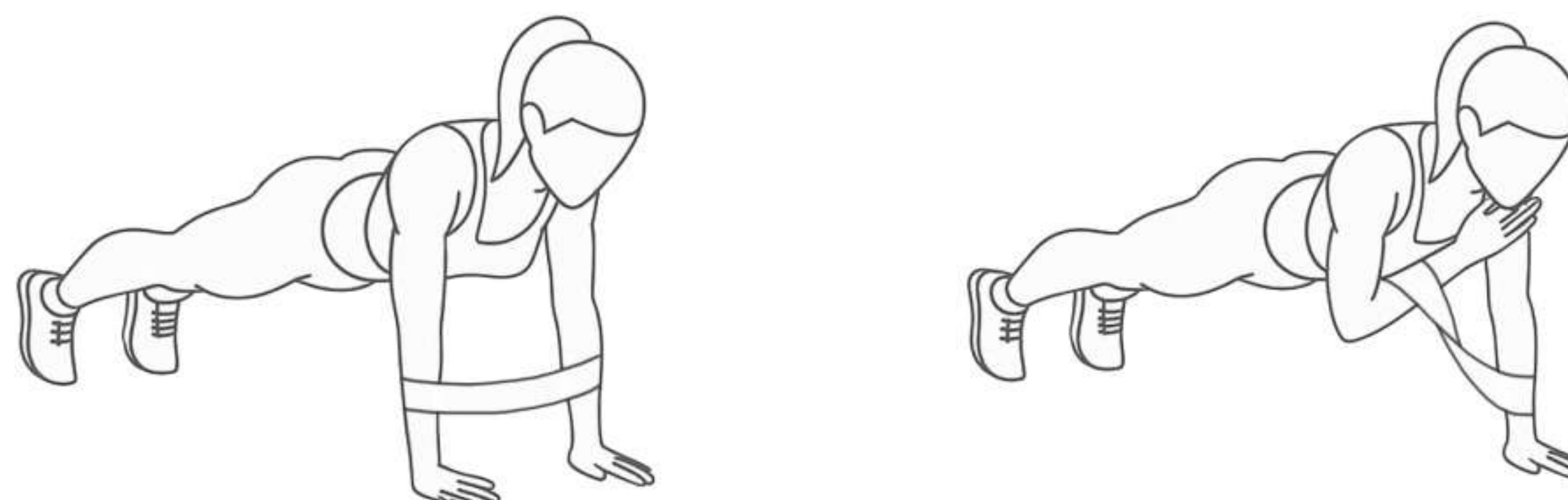
10 Reps



Opposite arm and leg extend. Keep your lower back pressed to the floor.

**PLANK WITH SHOULDER TAPS**

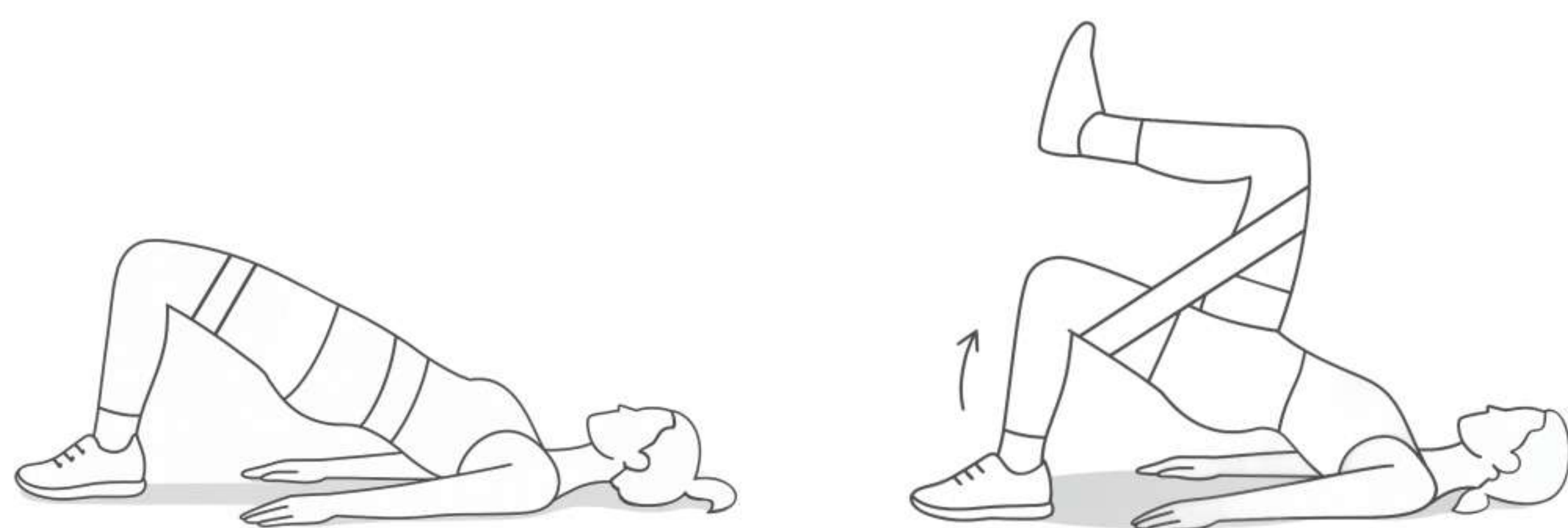
30 Sec



Minimize side-to-side sway. Tap with control.

**GLUTE BRIDGE MARCH**

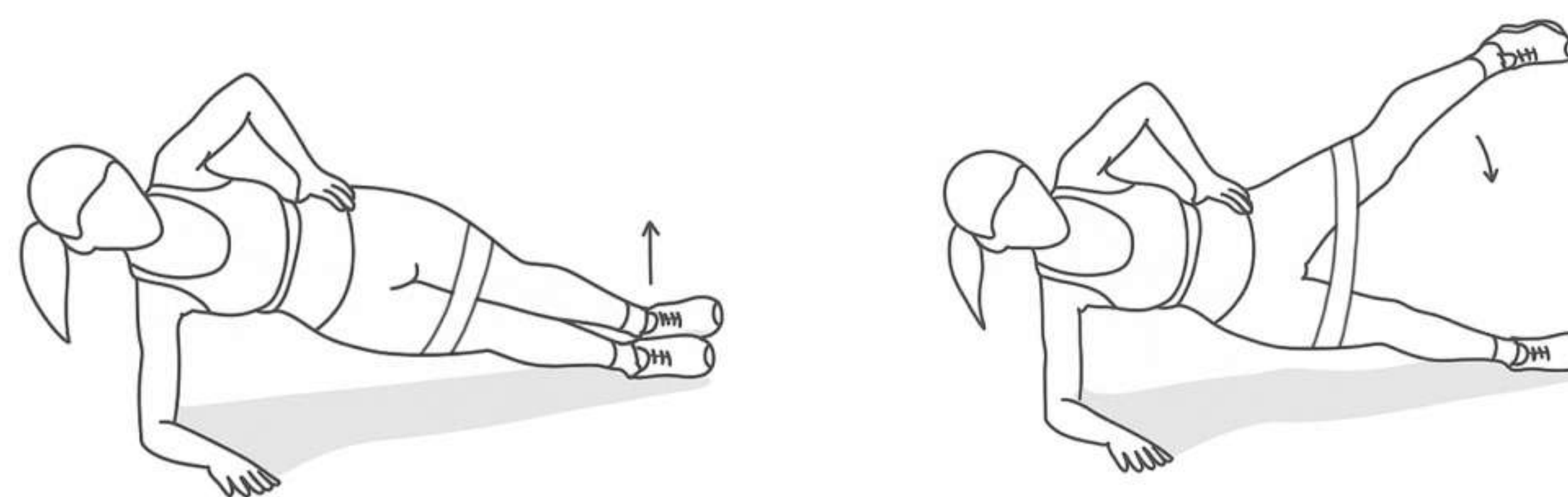
10 Reps



Lift one foot off the ground at a time while holding a glute bridge.

**SIDE PLANK**  
(HOLD)

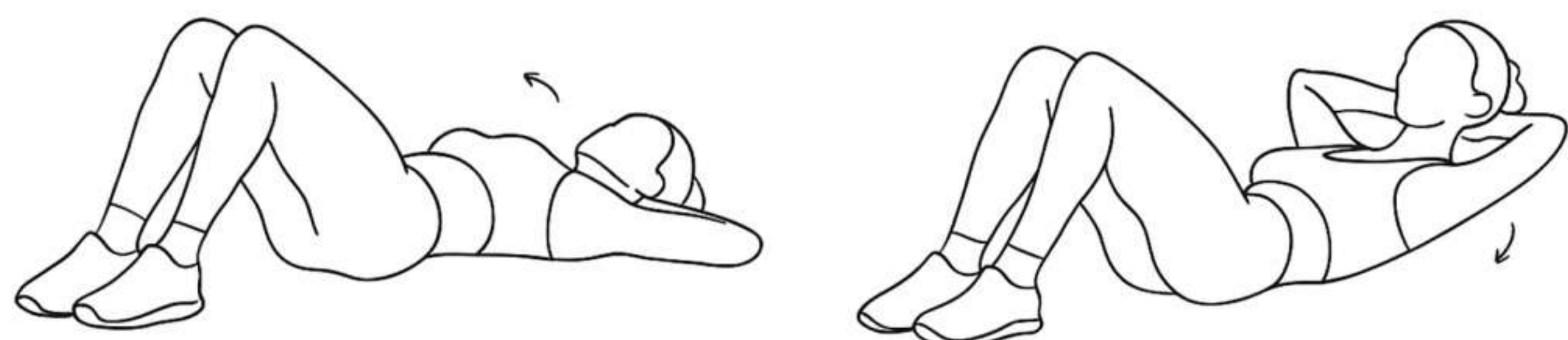
20 Sec per Side



Stack your hips and engage your obliques. Modify with bottom knee down.

**CRUNCHES**

12 Reps



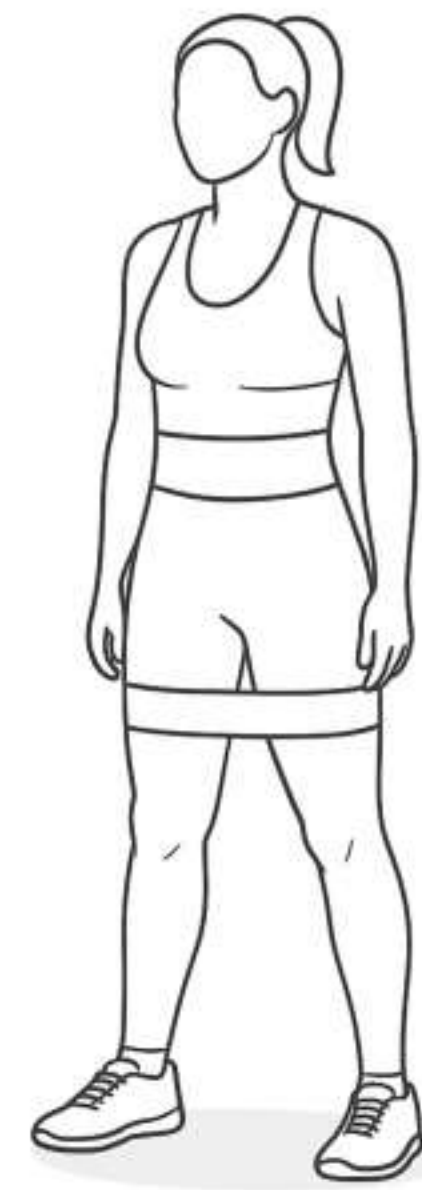
Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**DAY 25**

**LOWER BODY STRENGTH + BURN**

**SQUATS**  
(GREY BAND)

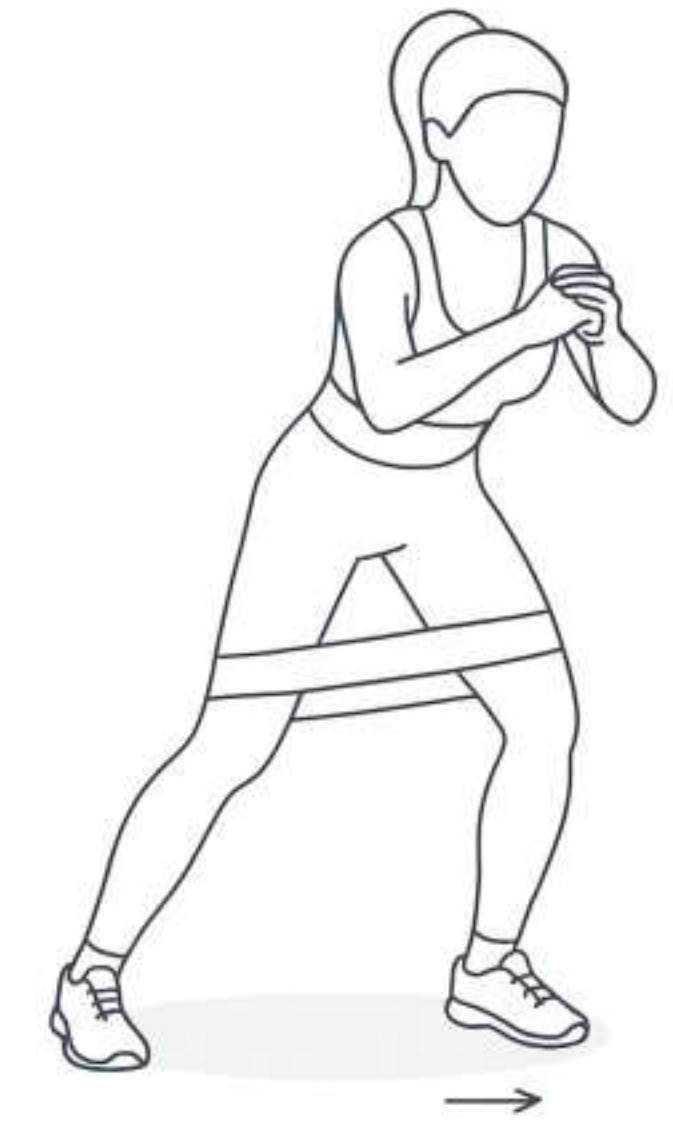
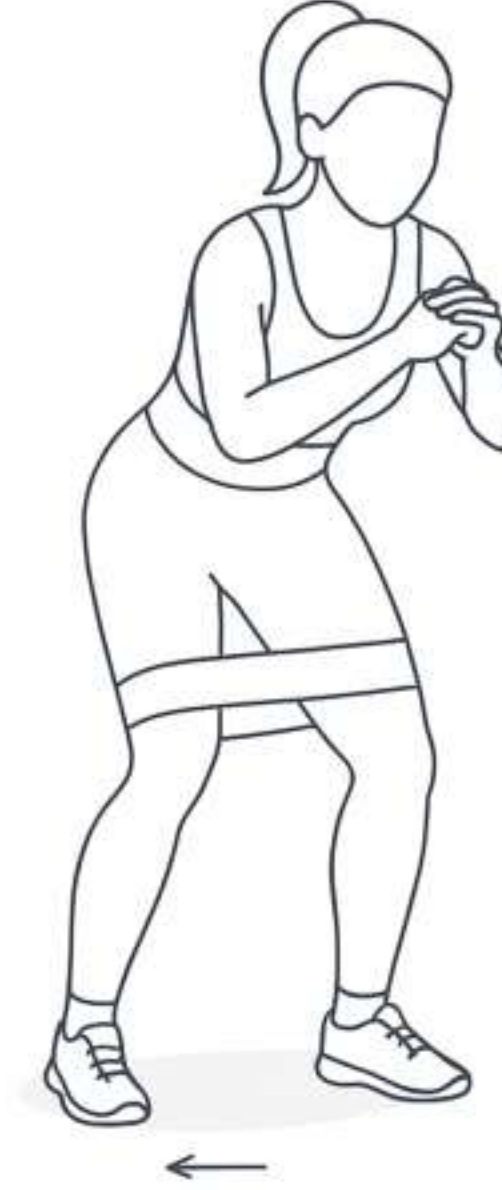
15 Reps



Sit hips back and drive knees slightly outward. Chest up, core tight.

**REVERSE LUNGES**

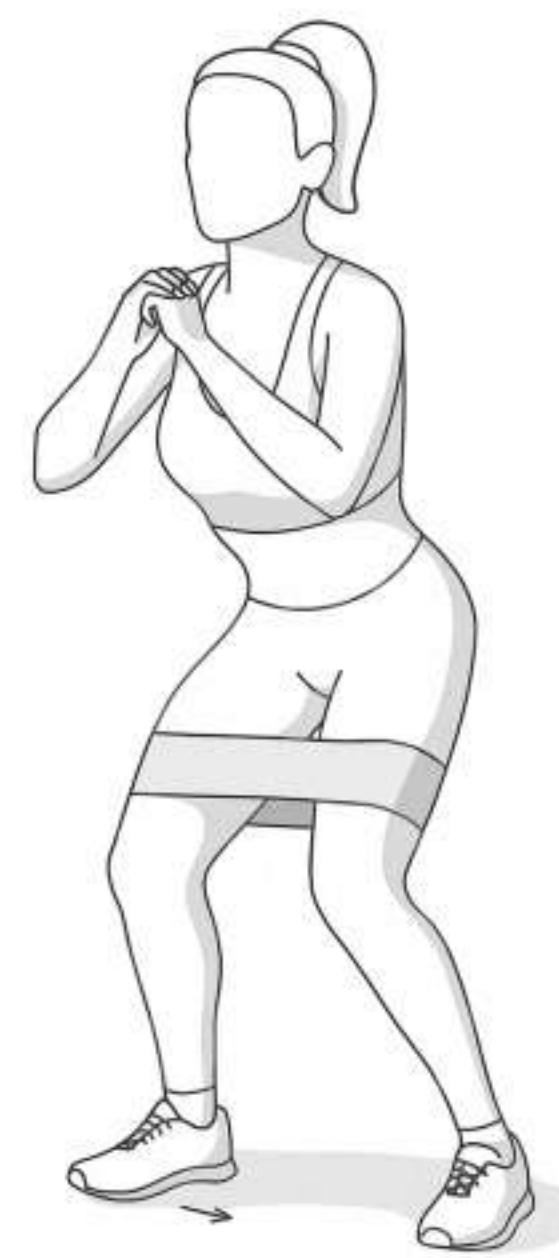
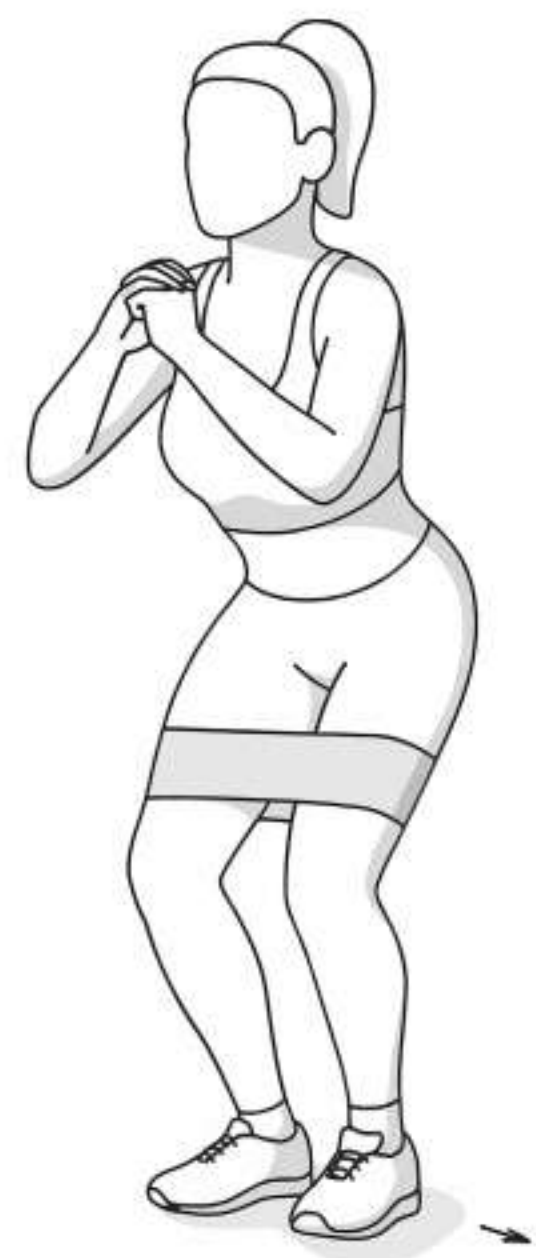
10 Reps per Leg



Step back and drop into 90° angles. Keep front knee stacked over ankle.

**MONSTER WALKS**  
(YELLOW OR GREY BAND)

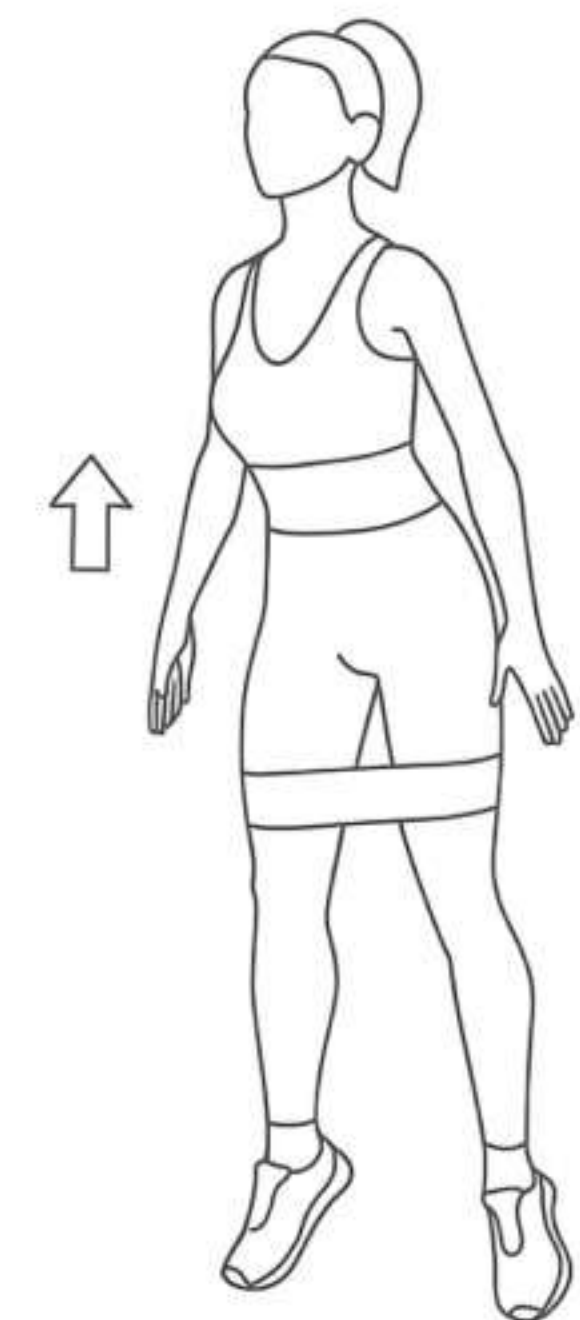
10 Steps Forward +  
10 Steps Back



Stay low. Take wide, controlled steps to keep tension in the glutes.

**JUMP SQUATS**

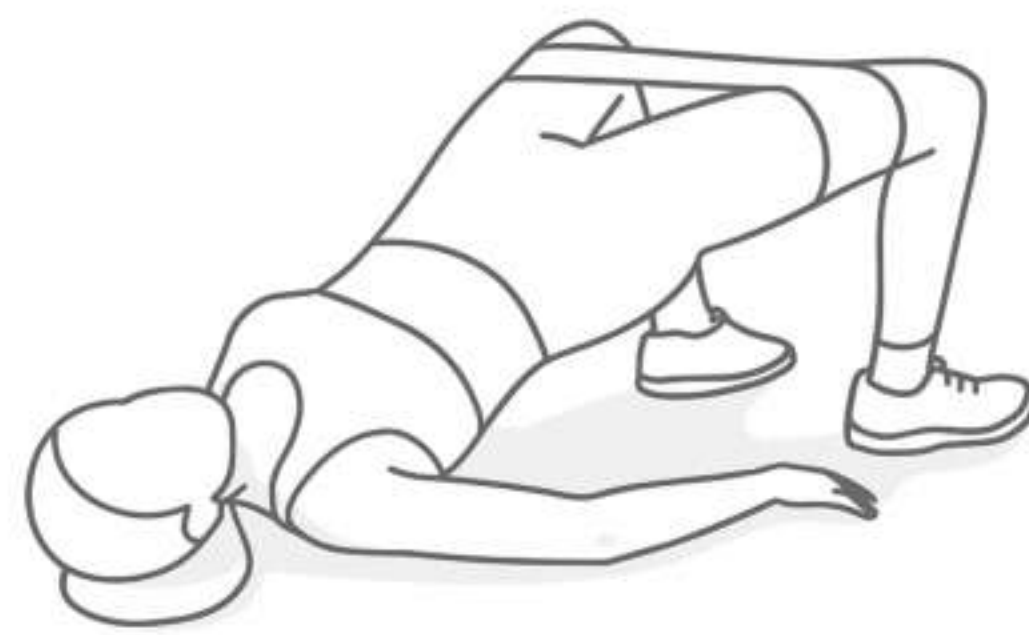
10 Reps



Explode up, land softly. Keep tension through the legs and core.

**GLUTE BRIDGE HOLD**

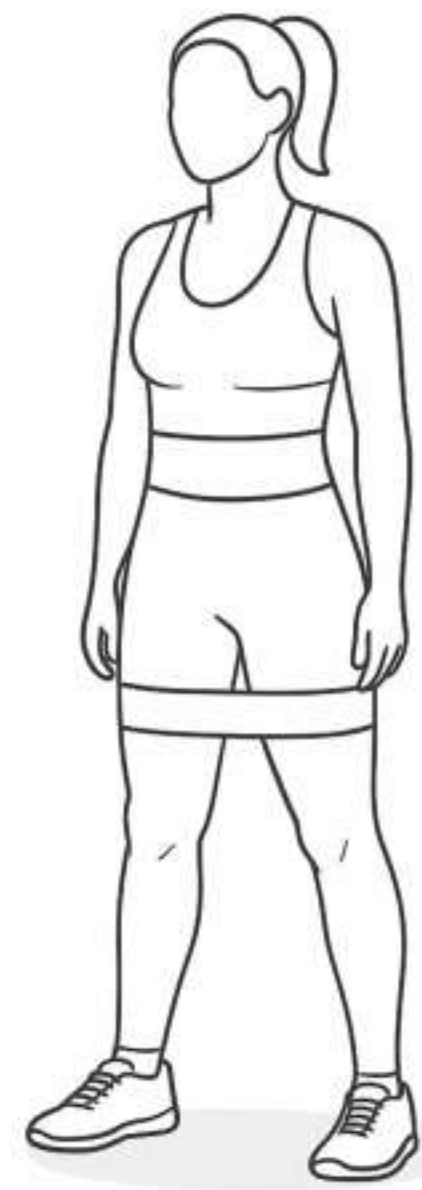
30 Seconds



Press hips high, engage glutes, and breathe.

**DAY 26****FULL BODY ENDURANCE****SQUAT TO PRESS**

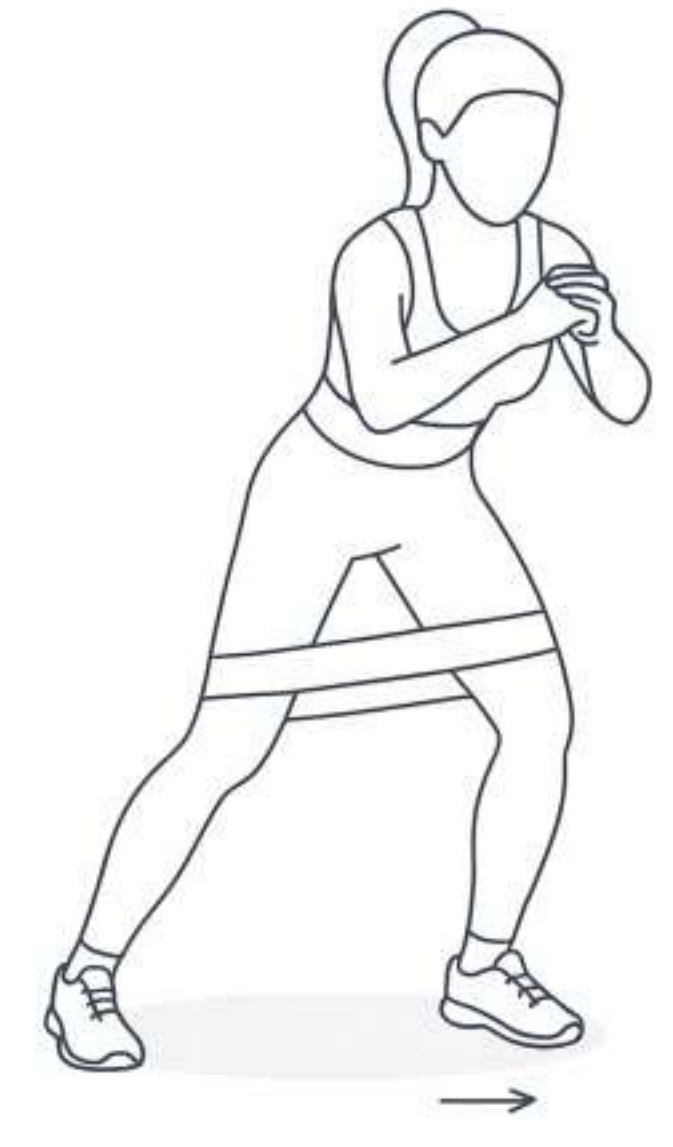
12 Reps



Perform a squat and drive up into an overhead press in one fluid motion.

**REVERSE LUNGES**

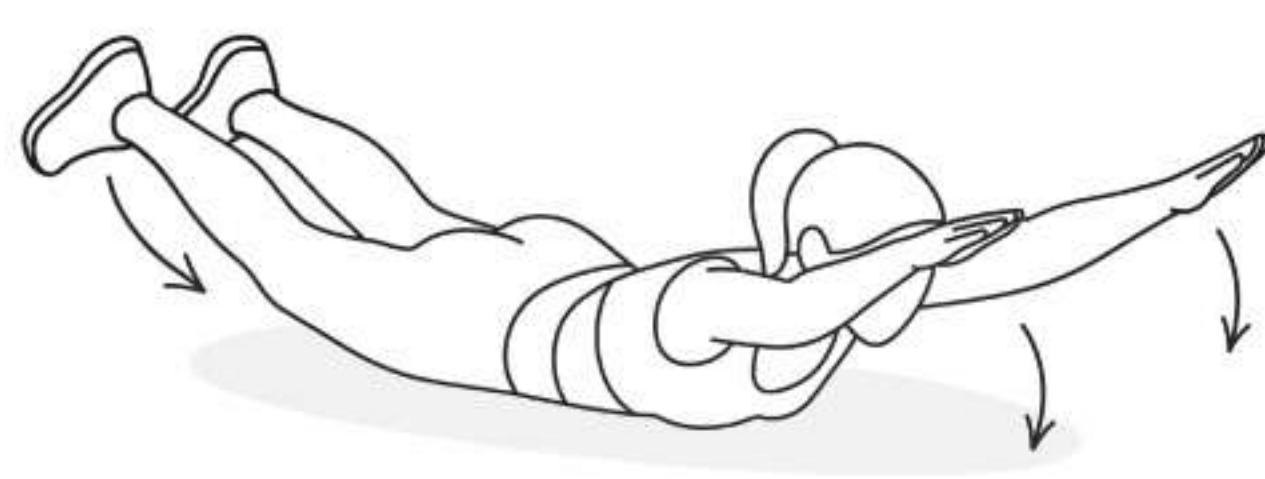
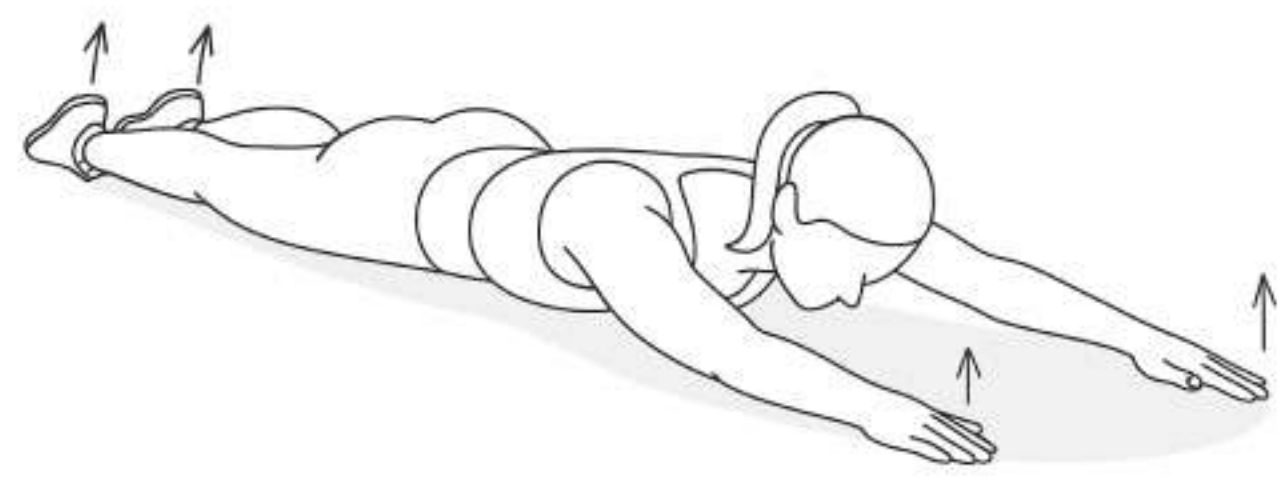
10 Reps per Leg



Step back and drop into 90° angles. Keep front knee stacked over ankle.

**SUPERMAN ROWS**

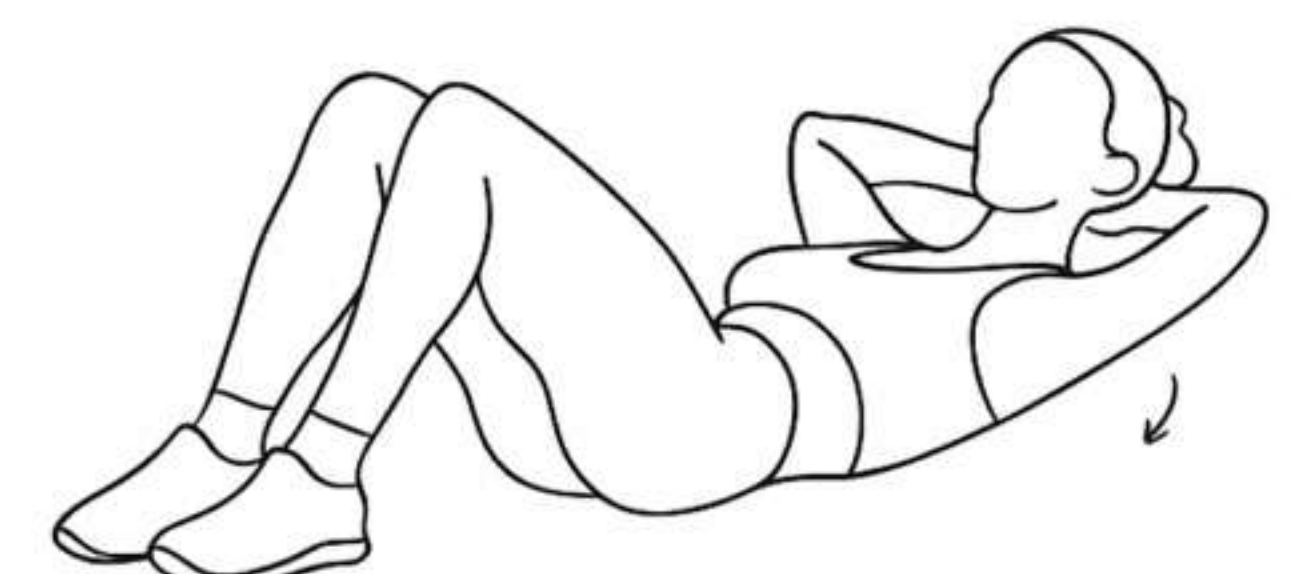
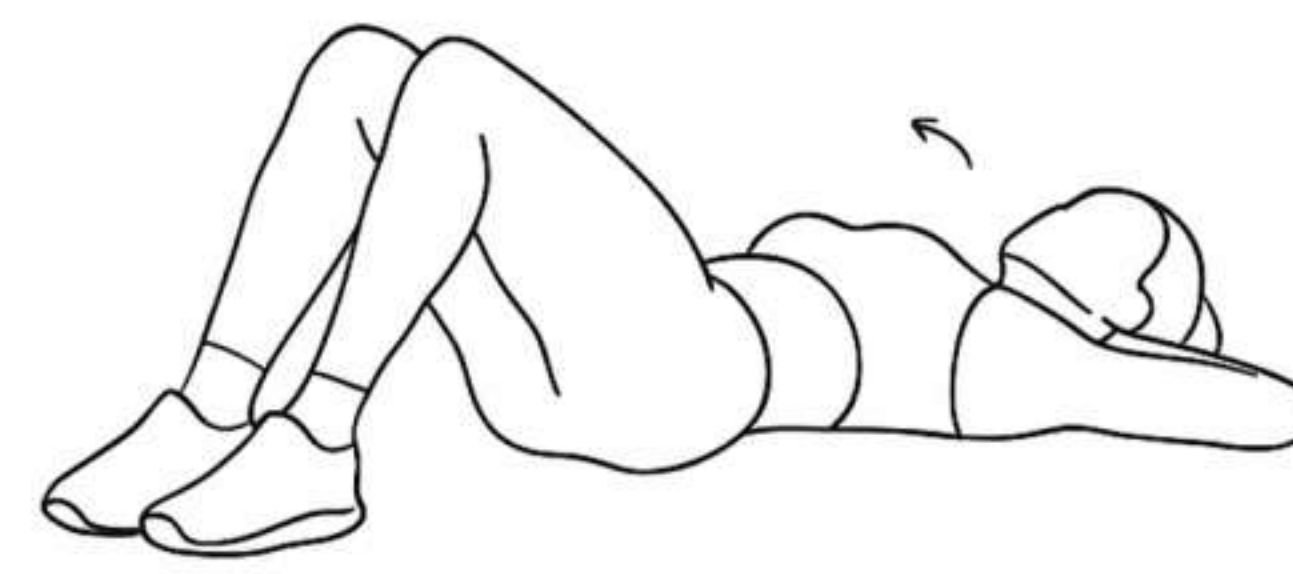
12 Reps



Lie face down, pull elbows back while lifting chest. Squeeze shoulder blades at the top.

**CRUNCHES**

12 Reps



Lie on your back, knees bent. Lift shoulders off the floor and squeeze your abs.

**GLUTE BRIDGE HOLD**

30 Seconds



Press hips high, engage glutes, and breathe.

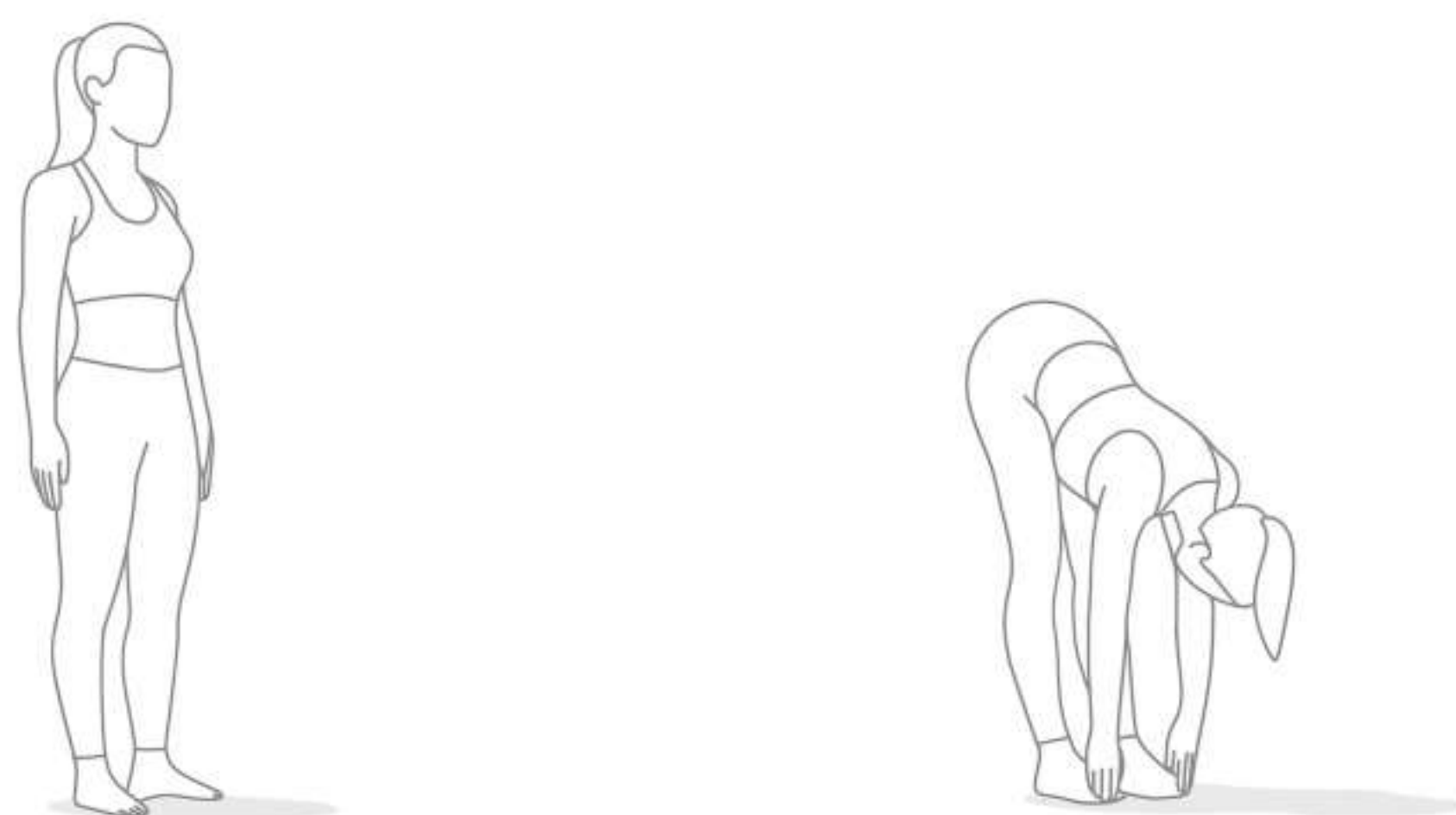
**DAY 27**

**RECOVERY & MOBILITY**

Stretch Flow

*(Hold each for 30 seconds)*

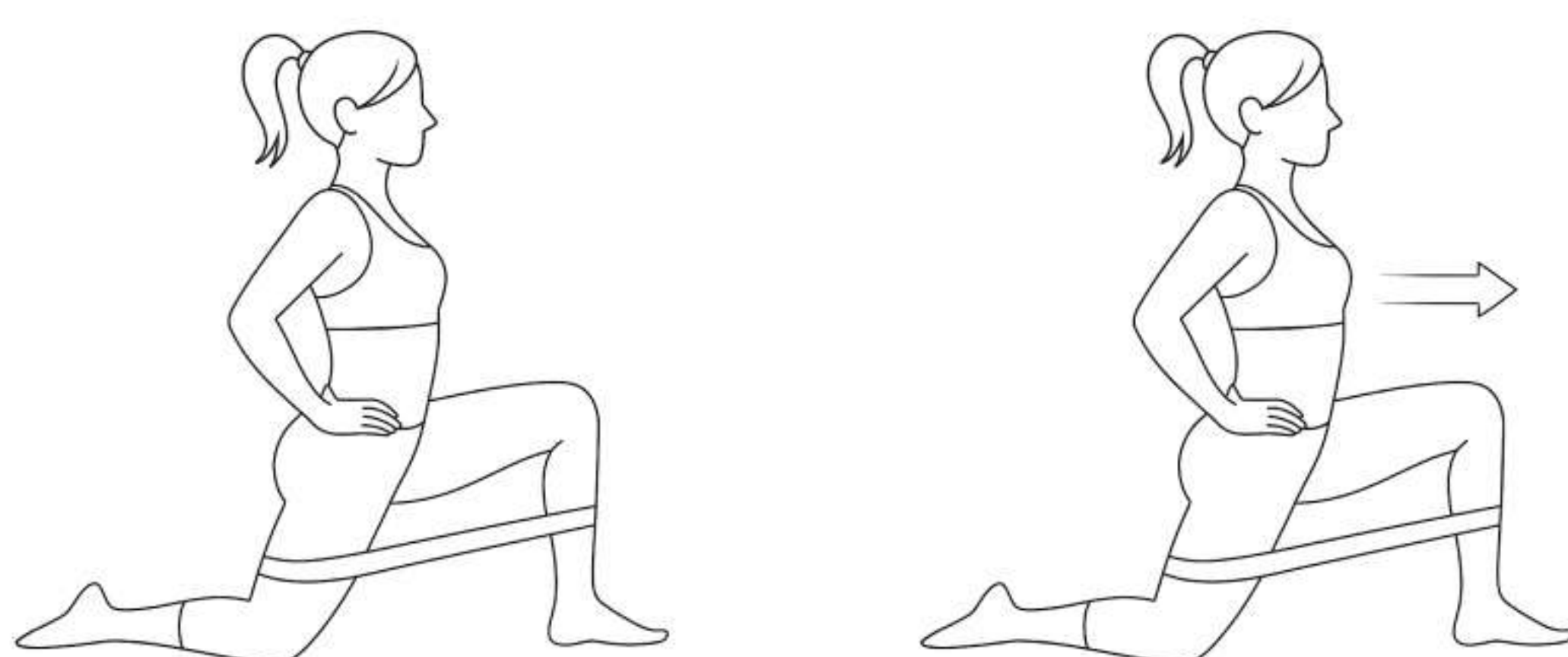
**Standing Forward Fold**



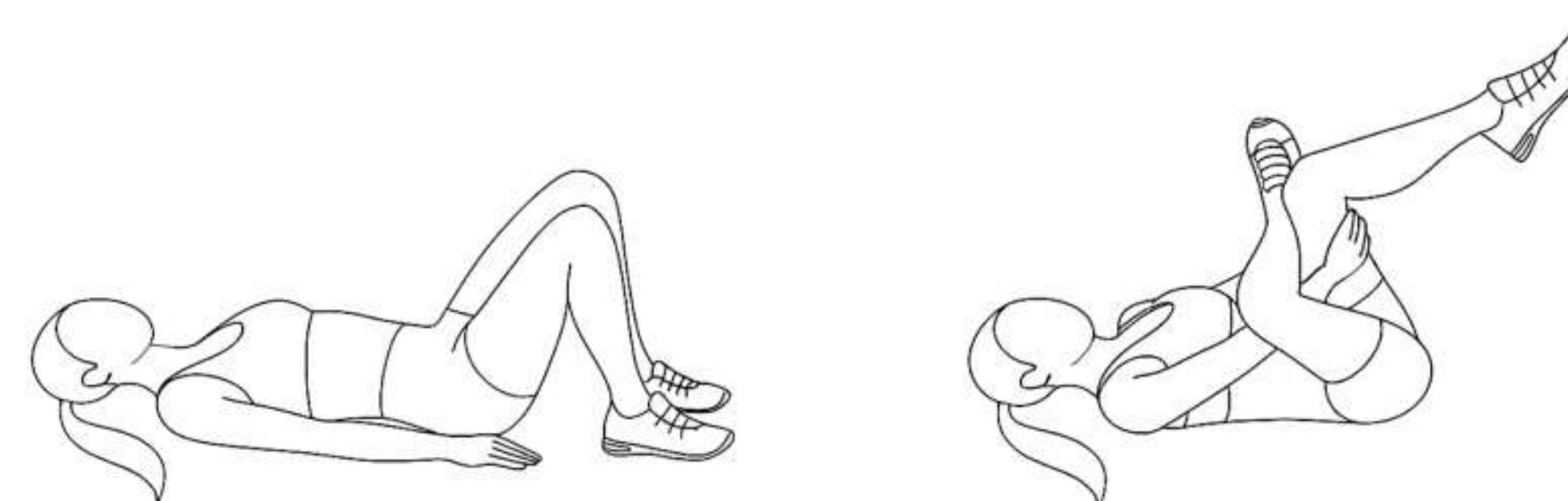
**Seated Hamstring Stretch**



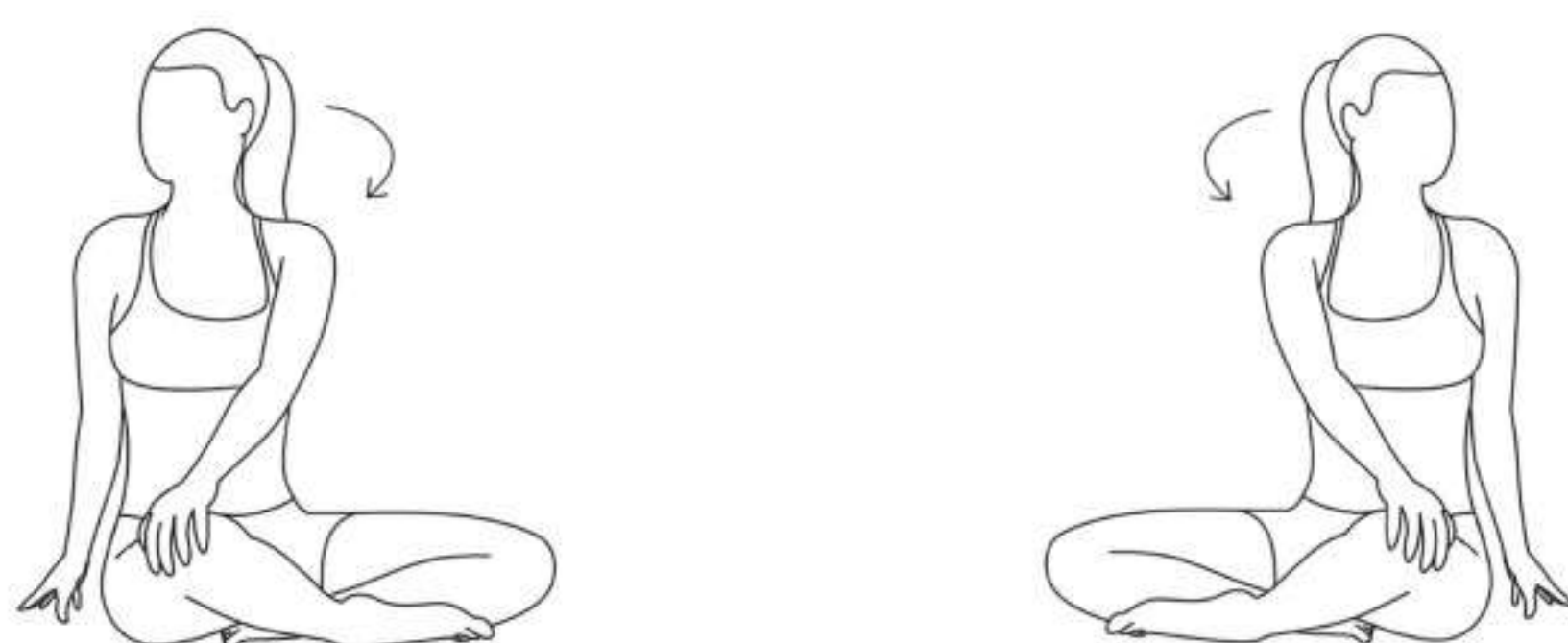
**Hip Flexor Stretch**



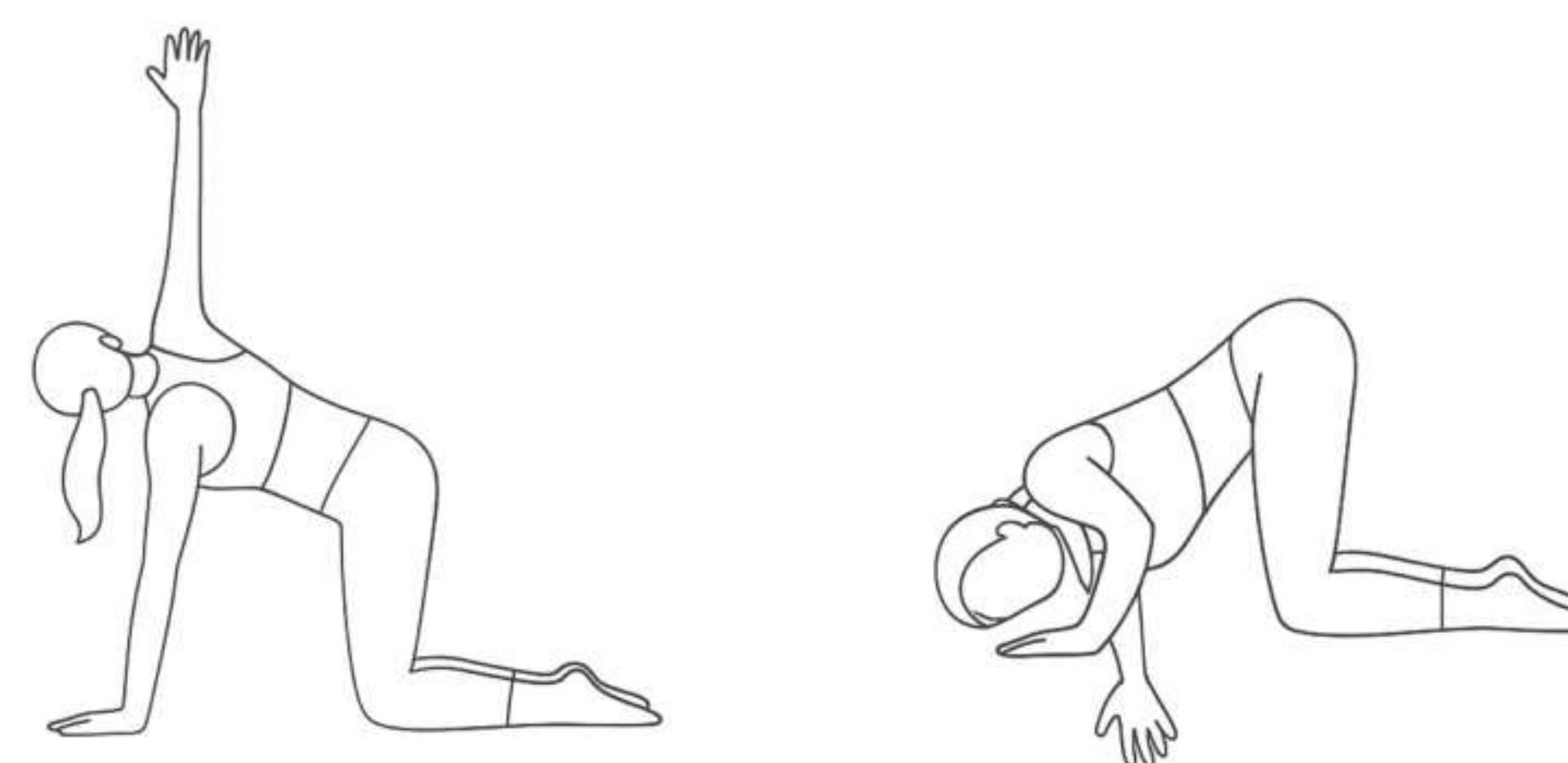
**Supine Glute Stretch**



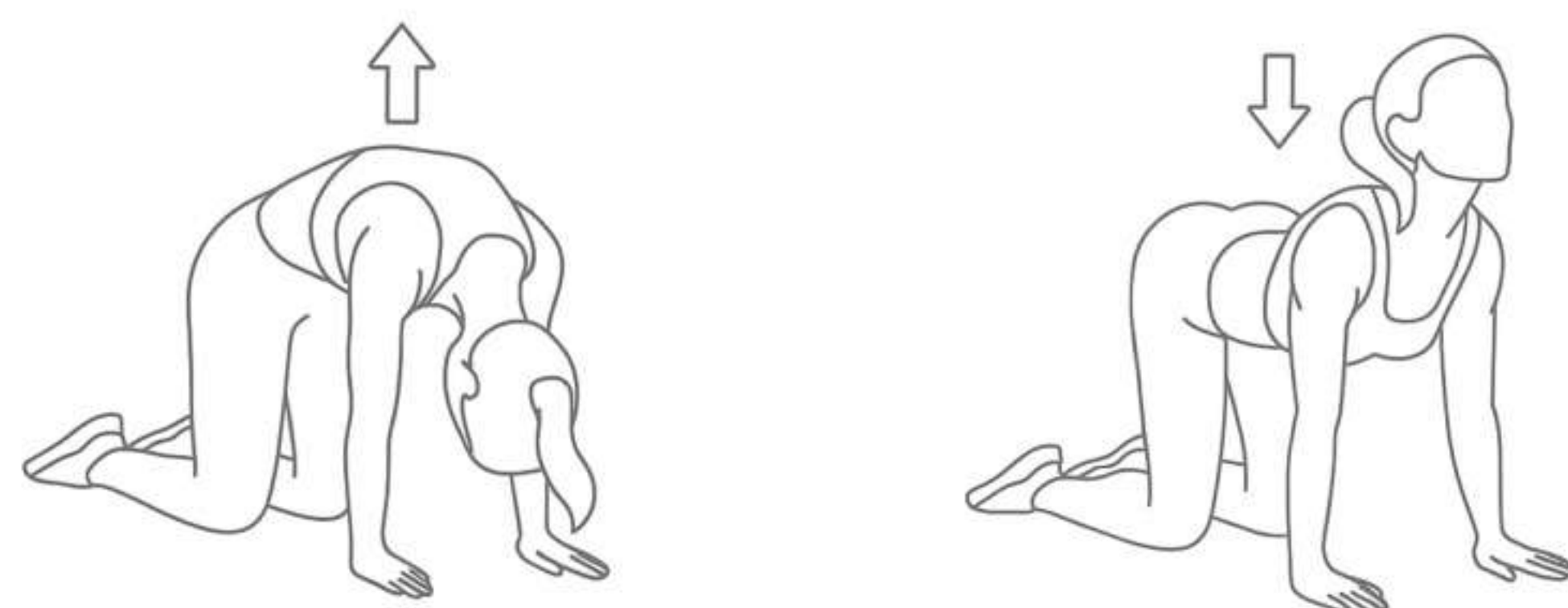
**Spinal Twist**



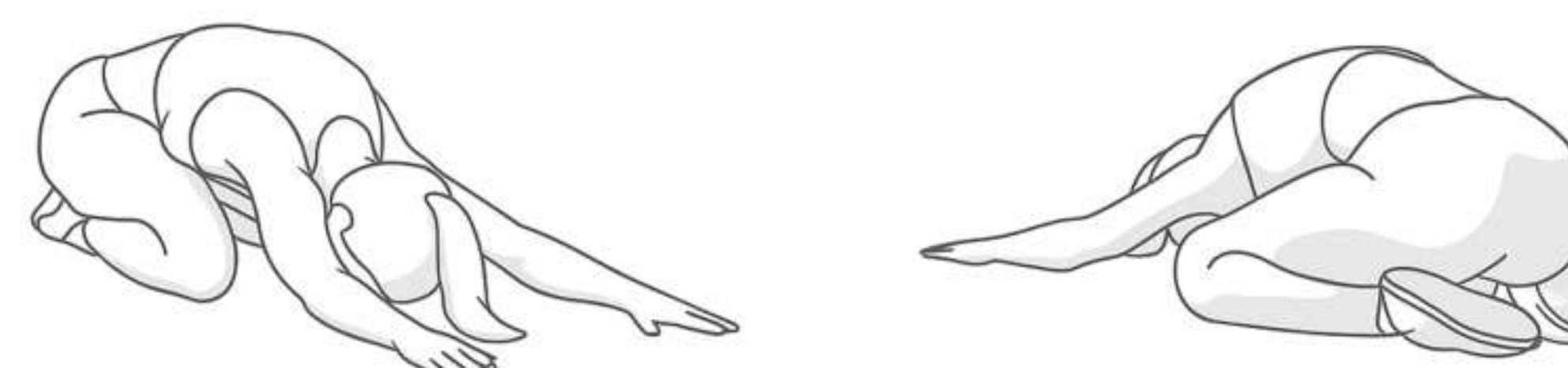
**Thread-the-Needle**



**Cat-Cow**



**Child's Pose**



**DAY 28****CELEBRATION & RESET****Full rest day.**

You did it! Reflect on your progress. Whether you feel stronger, more confident, more consistent—or all three—you've built something real. Take a moment to acknowledge how far you've come.

You can now restart the program with heavier bands, stack rounds, or build your own routine using your favorite circuits.



# You Did It — Here's What Comes Next

You've just completed 4 weeks of consistent movement, strength building, and commitment to yourself. That's huge.

Whether your goal was to tone up, feel stronger, get back into a routine, or simply move more, the work is done, and the results are yours.

## WHAT'S NEXT?

### Repeat the Program

Use a heavier resistance band or increase rounds for an added challenge.

### Stack Workouts

Combine two short circuits for longer, more intense sessions.

### Build Your Own Split

Mix your favorite days to create a 3- or 5-day custom routine.

### Stay Consistent

Combine two short circuits for longer, more intense sessions.



Reminder:

**Your band set goes  
wherever you go. So do  
your results.**



**Keep going. Keep  
growing. You're just  
getting started.  
Warmly,**

**THE HOT SHAPERS TEAM**



**TONE FROM HOME  
4-WEEK FULL BODY RESISTANCE BAND WORKOUT GUIDE**

[www.hotshapers.com](http://www.hotshapers.com)