

FITWITHGREG

FEEL BETTER. LIVE LONGER.
Airport Resistance Band Timed Circuit

Quiet • Joint-Friendly • Small Space

10-Minute Circuit (30s work / 15s rest • 2 rounds)

Exercise	Round 1	Round 2
Seated Band Pull-Aparts	<input type="checkbox"/>	<input type="checkbox"/>
Standing Band Rows	<input type="checkbox"/>	<input type="checkbox"/>
Banded Squats	<input type="checkbox"/>	<input type="checkbox"/>
Lateral Band Walks	<input type="checkbox"/>	<input type="checkbox"/>
Seated Chest Press	<input type="checkbox"/>	<input type="checkbox"/>
Dead Bug with Band	<input type="checkbox"/>	<input type="checkbox"/>

15–20 Minute Strength Circuit (40s work / 20s rest • 3–4 rounds)

Exercise	R1	R2	R3	R4
Seated Chest Press	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Bent-Over Band Rows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front Squats	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Glute Bridges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Triceps Pressdowns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Core Hold / Dead Bug	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Coach Tip: Move slowly and quietly. Focus on posture, breathing, and control. Stop if pain occurs.