



BAND

| Day 1                             |            |      |       | Day 2                                 |      |       |  | Day 3      |      |       |  |
|-----------------------------------|------------|------|-------|---------------------------------------|------|-------|--|------------|------|-------|--|
| Movements                         | Sets+ reps | Rest | Tempo | Movements                             | Rest | Tempo | Movements                                | Sets+ reps | Rest | Tempo |  |
| Banded reverse lunges (each side) | 4x8        | 60   | 2010  | Shoulder push ups                     | 4x12 | 60    | Banded bulgarian split squat (each side) | 4x12       | 90   | 2010  |  |
| Banded glute bridge               | 4x8        | 60   | 2010  | Banded bent over row                  | 4x12 | 60    | Band hamstring curl                      | 4x12       | 90   | 2010  |  |
| Banded push up (narrow+wide)      | 4x12+12    | 60   | 2010  | Banded push ups - feet elevated       | 3x12 | 60    | Banded front squat                       | 3x12       | 60   | 2010  |  |
| Seated band row                   | 4x12       | 60   | 2010  | Single arm band row (each side)       | 3x12 | 60    | Walking lunges - each side               | 3x20       | 60   | 2010  |  |
| Bodyweight skull crusher          | 3x12       | 60   | 2010  | Overhead tricep extension (each side) | 3x12 | 60    | Plank                                    | 3x45sec    | 60   | 2010  |  |
| Towel iso curl                    | 3x12       | 60   | 2010  | Band curls 21's                       | 3x21 | 60    | Side Plank (each side)                   | 3x30sec    | 60   | 2010  |  |
|                                   |            |      |       |                                       |      |       |  |            |      |       |  |

How well did you train?



Training notes