



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	Banded shoulder press	4x12	60	2010	Banded bulgarian split squat (each side)	4x12	90	2010
Banded glute bridge	4x8	60	2010	Band single arm lat pull down (each side)	4x12	60	2010	Banded body-weight hamstring curl	4x12	90	2010
Banded push up- Feet elevated	4x12	60	2010	Banded narrow push up	3x12	60	2010	Banded front squat	3x12	60	2010
Bodweight skull crusher - band resisted	4x12	60	2010	Banded tricep push down	3x12	60	2010	Banded glue bridge	3x12	60	2010
Banded Row	3x12	60	2010	Band single arm row	3x12	60	2010	Plank	3x45sec	60	2010
Banded curl	3x12	60	2010	Lying banded bicep curl	3x12	60	2010	Side Plank (each side)	3x30sec	60	2010

How well did you train?



Training notes