



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	Banded bulgarian split squat (each side)	4x12	90	2010	
Banded glute bridge	4x8	60	2010	Reverse push up	4x12	60	Banded body-weight hamstring curl	4x12	90	2010	
Banded push up	4x12	60	2010	Banded narrow push up	3x12	60	Banded front squat	3x12	60	2010	
Seated band row	4x12	60	2010	Single arm band row (each side)	3x12	60	Banded glue bridge	3x12	60	2010	
Tricep dips	3x12	60	2010	Overhead tricep extension (each side)	3x12	60	Plank	3x45sec	60	2010	
Banded curl	3x12	60	2010	Lying banded bicep curl	3x12	60	Side Plank (each side)	3x30sec	60	2010	

How well did you train?



Training notes