

RESISTANCE BAND ROUTINE

DAY 1

	Exercise	Sets	Reps	Rest (Seconds)	Reference Video
A	Banded Tricep Extensions	3	10 - 15	1 - 3 minutes	Resistance B...
	Banded Bicep Curl	3	10 - 15	1 - 3 minutes	Resistance B...
	Reverse Lunges	3	10 - 15	1 - 3 minutes	Banded Reve...
	Tempo Push-Ups (3-1-3)	3	10 - 15	1 - 3 minutes	Banded Temp...
	Wide Grip Banded Row	3	10 - 15	1 - 3 minutes	youtube.com/watch?v=
	Banded Lateral Raises	3	10 - 15	1 - 3 minutes	Resistance B...
	Ab Crunches	3	10 - 15	1 - 3 minutes	
	Single Leg Calf Raises	3	10 - 15	1 - 3 minutes	



DAY 2

	Exercise	Sets	Reps	Rest (Seconds)	Reference Video
B	Squats	3	10 - 15	1 - 3 minutes	How To: Resi...

	Tempo Push-Ups (3-1-3)	3	10 - 15	1 - 3 minutes	Banded Temp...
	Banded Rows	3	10 - 15	1 - 3 minutes	youtube.com/watch?v=...
	Banded Hamstring Curl	3	10 - 15	1 - 3 minutes	Band Prone ...
	Banded Bicep Curl	3	10 - 15	1 - 3 minutes	Resistance B...
	Banded Tricep Extensions	3	10 - 15	1 - 3 minutes	Resistance B...
	Oblique Crunches	3	10 - 15	1 - 3 minutes	
	Spinal Extension on Floor	3	10 - 15	1 - 3 minutes	

DAY 3

	Exercise	Sets	Reps	Rest (Seconds)	Reference Video
c	Squats	3	10 - 15	1 - 3 minutes	How To: Resi...
	Banded RDL	3	10 - 15	1 - 3 minutes	Resistance B...
	Banded Pulldown	3	10 - 15	1 - 3 minutes	Banded Lat P...

	Banded Shoulder Press	3	10 - 15	1 - 3 minutes	 Resistance B...
	Wide Grip Banded Row	3	10 - 15	1 - 3 minutes	<a data-bbox="1274 346 1526 388" href="https://www.youtube.com/watch?v=">youtube.com/watch?v=
	Banded Tricep Extension		10 - 15	1 - 3 minutes	 Resistance B...
	Banded Bicep Curl		10 - 15	1 - 3 minutes	 Resistance B...