



WEEK ONE  
DAY ONE - MONDAY  
WEIGHT TESTING DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	PUSH-UPS (FEET ELEVATED)	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
B1	1 ARM BAND ROW	3	8-10	STANDING. BAND SECURED AT SHOULDER HEIGHT. STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
C1	DEADLIFT (RESISTANCE BAND)	3	8-10	KNEES BENT. STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
D1	KNEELING SINGLE ARM REVERSE GRIP PULLDOWN WITH BAND	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
E1	BODYWEIGHT SQUATS	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
F1	LUNGES	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
G1	OVERHEAD BAND PRESS	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
H1	STANDING BICEP CURLS	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40
I1	TRICEPS PUSHDOWN	3	8-10	STOP 1-2 REPS SHORT OF FAILURE	4-0-1-0	40



WEEK ONE  
DAY TWO - TUESDAY  
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	PUSH-UPS FEET ELEVATED 12"	4	8	N/A	4-0-1-0	40
B1	PUSH-UPS FEET ELEVATED 24"	4	8	N/A	4-0-1-0	0
B2	CHEST DIPS	4	FAIL	BETWEEN 2 CHAIRS (OR OTHER SURFACES)	4-0-1-0	120
C1	STANDING BAND FLIES	3	8	BAND ACROSS BACK, HANDS TO CHIN AT HE TOP	4-0-1-0	0
C2	FLOOR PRESS WITHBAND ACROSS BACK	3	8	N/A	4-0-1-0	40
D1	SEATED OVERHEAD BAND PRESS	3	8	1 1/2S (THE HALF REP AT THE TOP)	4-0-1-0	0
D2	BAND LATERAL RAISES	3	8	N/A	4-0-1-0	40

WEEK ONE  
DAY THREE - WEDNESDAY  
BACK DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	1 ARM BAND ROWS	8	8	STANDING. BAND SECURED AT SHOULDER HEIGHT.	4-0-1-1	40
B1	REVERSE GRIP BAND ROWS	4	8	SEATED.	4-0-1-0	40
C1	DEADLIFTS WITH BAND	4	8	KNEES BENT	4-0-1-0	80
D1	KNEELING SINGLE ARM REVERSE GRIP LAT PULLDOWN WITH BAND	3	8	N/A	4-0-2-0	40
E1	STANDING BICEP CURL	3	8	SINGLE ARM WITH BAND	4-0-1-1	40



WEEK ONE  
DAY FOUR - THURSDAY  
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED SPLIT SQUATS	4	8	2 SEC ISOMETRIC AT THE TOP OF THE RANGE. LET KNEE TRAVEL OVER TOE	4-0-1-2	0
A2	BANDED SPLIT SQUATS	4	8	SAME SETUP AS A1, FULL REPS	4-0-1-0	0
A3	BANDED SPLIT SQUATS	4	8	SAME SETUP AS A1 + PARTIAL REPS TO FAILURE	2-0-1-0	120
B1	REVERSE LUNGES	4	8	N/A	4-0-1-0	0
B2	REVERSE LUNGES	4	8	PAUSED AT THE BOTTOM	4-4-1-0	40
C1	BODYWEIGHT SQUATS	6	8	LEAN FORWARD FOR HAMSTRINGS/GLUTE EMPHASIS	4-0-1-0	0
C2	BODYWEIGHT SQUATS	6	8	HEELS ELEVATED, QUAD EMPHASIS	4-0-1-0	40

WEEK ONE  
DAY FIVE - FRIDAY  
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
	REST DAY					



WEEK ONE  
DAY SIX - SATURDAY  
CHEST & ARMS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	PUSH-UPS	4	8	HANDS JUST OUTSIDE OF SHOULDER WIDTH	4-0-1-0	40
B1	PUSH-UPS	4	8	FEET ELEVATED 24"	4-0-1-0	40
C1	LATERAL BICEPS CURLS	4	12	SECURE BAND SOMEWHERE HIGH	4-0-1-0	40
D1	1 ARM CONCENTRATION CURLS	4	8	RESISTANCE BAND	4-0-1-0	40
E1	STANDING BICEPS CURLS	4	15	RESISTANCE BAND	4-0-1-0	40
F1	BODYWEIGHT CHAIR DIPS	3	20	N/A	4-0-1-0	40
F2	OVERHEAD TRICEPS EXTENSIONS	3	8	RESISTANCE BAND	4-0-1-0	40

WEEK ONE  
DAY SEVEN - SUNDAY  
SQUAT DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED SQUATS	4	12	HEELS ELEVATED	4-1-1-0	120
B1	BANDED SQUATS	4	8	LEAN FORWARD + 1 1/2S (1/2 REPS AT THE BOTTOM)	4-1-1-0	40
C1	WALKING LUNGES	3	15	N/A	3-0-1-0	40
D1	BANDED GLUTE BRIDGES	8	10	N/A	4-1-1-1	80