



WEEK TWO  
DAY ONE - MONDAY  
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK TWO  
DAY TWO - TUESDAY  
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	PUSH-UPS	4	8	N/A	4-1-1-0	120
B1	PUSH-UPS FEET ELEVATED 24"	4	8	1 1/2S (1/2 REPS AT THE BOTTOM)	4-0-1-0	40
C1	BAND OVERHEAD PRESS	3	8	N/A	4-0-1-0	0
C2	BANDED LATERAL RAISES	3	8	SEATED, 1 SEC SQUEEZE AT THE TOP	4-0-1-1	40
D2	CHEST FLIES WITH BAND ACROSS THE BACK	3	15	STANDING, HANDS TO CHIN HEIGHT AT THE TOP	4-0-1-2	0
D2	FLOOR PRESS WITH BAND ACROSS BACK	3	8	N/A	4-0-1-0	40



**WEEK TWO  
DAY THREE - WEDNESDAY  
DEADLIFT & BACK**

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
-	BANDED STRAIGHT ARM PULLOVERS	6	15	WARM UP/ACTIVATION SETS	4-0-1-4	0
A1	KNEELING HIGH BAND REVERSE GRIP LAT PULLDOWN	4	8	BOTH ARMS, USE 2 BANDS	4-0-1-1	40
B1	BANDED DEADLIFTS	8	8	KNEES BENT. DON'T LOCK OUT AT THE TOP. EVERY SET TO FAILURE	4-0-1-0	80
C1	1 ARM BAND ROWS	8	8	BAND SECURED AT SHOULDER HEIGHT. ONLY 20 SEC REST BETWEEN ARMS	4-0-1-1	20
D1	BAND PULL-APART (FOR REAR DELTS)	4	8	SHOULDER BLADES RETRACTED (PULLED BACK).	4-0-1-0	0
D2	BAND PULL-APART (FOR REAR DELTS)	4	8	SHOULDER BLADES PROTRACTED (PUSHED FORWARD).	4-0-1-0	40

**WEEK TWO  
DAY FOUR - THURSDAY  
LEG DAY**

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED SQUATS	6	8	N/A	4-0-1-0	40
B1	BANDED SQUATS	6	6	CLUSTER SETS*	4-0-1-0	20
C1	REVERSE LUNGES	4	8	N/A	4-0-1-1	40
D1	BANDED STIFF LEF DEADLIFT	4	15	KNEES STRAIGHT	4-1-1-0	40
E1	BANDED GLUTE BRIDGE	4	8	N/A	4-0-1-1	0

\*(incomplete rest) – pick a band you can do for 10, but only do 6; rest 20 secs and repeat for the next set.



WEEK TWO  
DAY FIVE - FRIDAY  
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK TWO  
DAY SIX - SATURDAY  
BACK DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	SEATED BANDED ROWS	4	8	SHOULDER WIDTH GRIP. HOLD 2 SEC ISOMETRIC IN SHORTENED RANGE	4-0-1-2	0
A2	2 ARM BAND ROWS	4	8	BENT OVER ROWS	4-0-1-0	0
A3	KNEELING REVERSE GRIP LAT PULLDOWNS	4	8	SECURE BAND HIGH + 8 PARTIAL REPS AT THE TOP OF THE RANGE AFTER EACH SET	4-0-1-1	120
B1	KNEELING BAND FACE PULLS	4	8	N/A	4-0-1-1	40
C1	2 ARM BAND ROWS	4	8	OVERHAND GRIP. STANDING	4-0-1-0	40



**WEEK TWO  
DAY SEVEN - SUNDAY  
SQUATS & ARMS**

	<b>EXERCISE</b>	<b>SETS</b>	<b>REPS</b>	<b>COMMENT</b>	<b>TEMPO</b>	<b>REST</b>
A1	BANDED SQUATS	8	8	N/A	4-1-1-0	120
B1	BODYWEIGHT WALKING LUNGES	5	12	N/A	3-1-1-0	40
C1	BANDED SQUATS	5	8	FEET TOGETHER, DON'T LOCK YOUR KNEES	4-1-1-0	40
D1	STANDING BANDED CURLS	3	8	N/A	4-0-1-0	40
D2	BANDED CONCENTRATION CURLS	3	8	N/A	4-1-1-0	40
D3	1 ARM HIGH LATERAL BAND CURLS	3	8	N/A	4-0-1-1	40