



WEEK THREE
DAY ONE - MONDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					



WEEK THREE
 DAY TWO - TUESDAY
 CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED PUSH-UPS, FEET ELEVATED 24"	4	8	BAND ACROSS BACK	4-0-1-0	40
B1	PUSH-UPS, FEET ELEVATED 24"	4	8	N/A	3-2-1-0	40
C1	STANDING BAND FLIES	4	8	3/4 OF THE WAY UP. SLOW CONCENTRIC	4-1-3-0	0
C2	PUSH-UPS	4	FAIL	HANDS ELEVATED ON CHAIR/SURFACE	4-1-X-0	40
D1	BAND OVERHEAD PRESS	3	8	N/A	4-1-1-0	0
D2	BENT OVER BAND LATERAL RAISES	3	8	N/A	4-0-1-0	40
E1	BAND LATERAL RAISES	3	8	SEATED	3-0-1-2	0
E2	BAND LATERAL RAISES	3	20	N/A	3-2-1-0	40
F1	BAND CONCENTRATION CURLS	4	8	N/A	4-0-1-0	40
F2	BANDED BICEP CURLS	4	8	STANDING	4-0-1-0	40



WEEK THREE
DAY THREE - WEDNESDAY
DEADLIFT, BACK & TRICEPS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED GOOD-MORNINGS	4	8	BENT KNEES	4-0-1-0	120
B1	BANDED DEADLIFT	3	8	SLOW CONCENTRIC	6-0-6-0	40
C1	1 ARM BAND ROW	5	8	ALTERNATING ARMS	3-0-1-2	40
D1	2 ARMS BAND ROWS	3	8	N/A	4-0-1-0	40
E1	KNEELING 1 ARM BANDED PULLDOWN	3	8	N/A	4-1-1-0	40
F1	BANDED FLOOR PRESS	4	8	ELBOWS TUCKED IN	4-0-1-0	40
F2	BAND TRICEPS PUSHDOWN	4	8	OVERHAND GRIP	4-0-1-3	40

WEEK THREE
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	REVERSE LUNGES	5	8	N/A	4-0-1-1	0
A2	WALKING LUNGES	5	12	N/A	4-0-1-2	40
B1	BANDED SQUATS	4	20	1 1/2S (1/2 AT THE BOTTOM)	4-0-1-0	0
B2	BANDED SQUATS	4	8	PAUSE AT THE BOTTOM	4-1-1-0	40
C1	BANDED SQUATS	5	10	LAST SET TO FAILURE	3-1-1-0	40



WEEK THREE
DAY FIVE - FRIDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK THREE
DAY SIX - SATURDAY
DELTS & ARMS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BAND LATERAL RAISES	3	8	STANDING	3-0-1-2	0
A2	BENT OVER BAND LATERAL RAISES	3	8	N/A	4-0-1-0	0
A3	BAND OVERHEAD PRESS	3	8	N/A	4-0-1-0	0
A4	SHOULDER PRESS PUSH-UP	3	8	FEET HIGH ON WALL	4-0-1-0	0
A5	1 ARM BAND LATERAL RAISES	3	8	N/A	4-1-1-0	80
B1	BANDED HAMMER CURLS	8	8	N/A	4-0-1-0	40
C1	LATERAL BICEP CURLS	3	12	HIGH SECURED BAND	4-0-1-1	0
C2	2 ARM BAND KICKBACKS	3	12	N/A	4-0-1-1	40
D1	BAND CONCENTRATION CURLS	3	8	N/A	4-0-1-0	0
D2	BAND OVERHEAD TRICEPS EXTENSION	3	8	N/A	4-0-1-0	40



WEEK THREE
DAY SEVEN - SUNDAY
SQUAT DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED SQUATS	6	6	N/A	4-0-1-0	90
B1	BANDED ROMANIAN DEADLIFTS*	8	5	CLUSTER SETS	4-0-1-0	20
C1	BANDED SQUATS	5	8	N/A	4-0-2-0	0
D1	DOUBLE BAND SPLIT SQUATS**	5	8	1 1/2S (1/2 REP AT THE BOTTOM BEFORE THE PAUSE)	4-4-1-0	0
D2	BANDED SPLIT SQUATS***	5	20	N/A	4-0-1-0	40

*Cluster sets – choose a band you could normally do for 8-10 reps but only do 5 perfect reps. Rest 20 seconds and repeat. Enjoy!

**Note the tempo! 4 second pause at the bottom. DO NOT relax or sink into the rep. Focus on keeping tension but getting a max stretch.

***Drop 1 band from D1 to D2. All the way down, 3/4 of the way up.