



WEEK FOUR
DAY ONE - MONDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK FOUR
DAY TWO - TUESDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	PUSH-UPS	5	20	N/A	4-1-1-0	40
B1	STANDING BAND FLIES	5	12	BAND ACROSS BACK	4-0-1-2	40
C1	STANDING BANDED CHEST PRESS	5	8	BAND ACROSS BACK	4-0-1-0	40
D1	PUSH-UPS	5	8	FEET ELEVATED 24"	4-0-1-0	40
E1	BANDED FLOOR FLIES	5	8	N/A	4-0-1-0	40



WEEK FOUR
DAY THREE - WEDNESDAY
BACK, DEADLIFT & BICEPS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	KNEELING REVERSE GRIP BAND PULLDOWN	6	8	N/A	4-0-1-0	40
B1	BENT OVER BAND ROWS	5	8	UNDERHAND GRIP	4-0-1-0	40
C1	1 ARM BAND ROWS	5	8	STANDING	4-0-1-0	40
D1	BANDED DEADLIFTS	5	20	KNEES BENT	4-0-1-0	40
E1	1 ARM LATERAL BICEP CURLS	4	8	HIGH SECURED BAND	4-0-1-1	0
F1	BAND CONCENTRATION CURLS	3	8	1 1/2S (1/2 REPS AT THE TOP)	4-0-1-0	0
G1	STANDING BAND CURLS	3	12	N/A	3-0-1-2	40



WEEK FOUR
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BODYWEIGHT SQUATS	4	8	N/A	4-0-1-0	0
A2	REVERSE LUNGES	4	8	N/A	4-1-1-1	40
B1	SPLIT SQUATS	4	8	N/A	4-0-1-1	0
B2	BODYWEIGHT SQUATS WITH PAUSE AT THE BOTTOM	4	20	3/4 OF THE WAY UP	4-0-1-0	0
C1	BANDED SQUATS	4	20	FEET ELEVATED. EXPLOSIVE, CONTINUOUS REPS	4-0-1-0	0
C2	BODYWEIGHT SQUATS	4	10	FEET ELEVATED	4-0-1-0	40

WEEK FOUR
DAY FIVE - FRIDAY
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY						



WEEK FOUR
DAY SIX - SATURDAY
CHEST

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED PUSH-UPS	6	8	BAND ACROSS BACK. FEET ELEVATED 24"	4-1-1-0	120
B1	PUSHUPS	4	8	FEET ELEVATED 24"	4-0-1-0	40
C1	STANDING BAND CHEST PRESS	4	8	BAND ACROSS BACK	4-0-1-0	40
D1	BANDED FLOOR FLIES	4	8	BAND ACROSS BACK, 1 1/2S (1/2 AT THE BOTTOM)	4-0-1-0	0
D2	STANDING BANDED FLIES	4	12	BAND ACROSS BACK	4-0-1-0	40