



WEEK FIVE  
DAY ONE - MONDAY  
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK FIVE  
DAY TWO - TUESDAY  
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED PUSH-UPS	6	8	BAND ACROSS BACK	4-1-1-0	40
B1	PUSH-UPS	3	12	HANDS SLIGHTLY OUTSIDE OF ELBOWS	4-1-1-0	40
C1	INCLINE PUSH-UPS	3	8	FEET ELEVATED 24"	4-0-1-0	40
D1	DECLINE PUSH-UPS	3	8	HANDS ON ELEVATED SURFACE. 1 1/2S (1/2 REP AT THE BOTTOM)	4-1-1-0	40
E1	BAND OVERHEAD PRESS	3	12	1 1/2S (1/2 REP AT THE TOP)	4-0-1-1	40
F1	BAND FRONT RAISES	3	12	N/A	4-0-1-1	40
G1	BAND PULL APART	3	12	N/A	4-0-1-0	40



WEEK FIVE  
DAY THREE - WEDNESDAY  
DEADLIFTS & BACK

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED DEADLIFTS	5	15	EXPLOSIVE CONTRACTION. KEEP LOWER BACK FLAT	4-0-X-0	80
B1	STRAIGHT ARM PULLOVER	5	10	HIGH SECURED BAND	4-1-1-1	40
C1	SEATED BANDED ROWS	3	8	4 SEC ISOMETRIC SQUEEZE	4-0-1-4	40
D1	1 ARM BAND ROWS, STANDING	3	8	4 SEC ISOMETRIC SQUEEZE	4-0-1-4	40
E1	PLANK HOLD	3	1 MIN	N/A	N/A	40
F1	STANDING BAND BICEP CURLS	4	8	N/A	4-0-1-1	0
F2	BANDED CONCENTRATION CURLS	4	8	N/A	4-1-1-1	0
F3	STANDING BAND CURLS	4	8	FACING AWAY FROM POINT OF ORIGIN	4-0-1-0	120



WEEK FIVE  
DAY FOUR - THURSDAY  
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	STIFF LEG BAND DEADLIFT	4	20	N/A	4-0-1-0	40
B1	BANDED SQUATS	4	20	FEET HIGH AND WIDE	4-0-1-0	40
C1	SPLIT SQUATS	4	8	N/A	4-0-1-0	0
C2	WALKING LUNGES	4	15	N/A	4-0-1-0	40
D1	BANDED SQUATS	2	8	PAUSE AT THE BOTTOM	4-0-1-0	40

WEEK FIVE  
DAY FIVE - FRIDAY  
REST DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY						



WEEK FIVE  
DAY SIX - SATURDAY  
ARMS\*

\*Giant set format. Complete all bicep exercises before starting with triceps

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	STANDING BAND BICEP CURLS	5	8	N/A	4-0-1-0	0
A2	BAND CONCENTRATION CURLS	5	8	N/A	4-0-1-0	0
A3	BAND BICEP CURLS	5	8	FACING AWAY FROM ORIGIN POINT	4-0-1-0	0
A4	A3 BUT STEP 2 FEET FORWARD	5	8	N/A	4-0-1-0	120
B1	CHAIR TRICEPS DIPS	5	8	N/A	4-0-1-0	0
B2	BAND TRICEPS PUSHDOWN	5	8	N/A	4-0-1-0	0
B3	STANDING OVERHEAD BAND EXTENSION	5	8	N/A	4-0-1-0	0
B4	OVERHEAD BANDED TRICEPS EXTENSION	5	8	N/A	4-0-1-0	120



WEEK FIVE  
DAY SEVEN - SUNDAY  
SQUAT DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED SQUATS	6	8	HEELS ELEVATED	3-2-1-0	40
B1	BANDED DEADLIFTS	6	8	KNEES BENT	4-0-1-0	40
C1	BANDED SPLIT SQUATS	5	20	1 1/2S (1/2 REP AT THE BOTTOM)	4-1-1-0	40
D1	REVERSE GRIP BAND PULLDOWN	5	8	NOTE THE TEMPO	6-0-1-3	40