



WEEK SIX
DAY ONE - MONDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					

WEEK SIX
DAY TWO - TUESDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BANDED PUSH-UPS	6	10,8,6, 10,8,6	BAND ACROSS BACK	4-0-1-0	40
B1	INCLINE BANDED PUSH-UPS	4	8	BAND ACROSS BACK. FEET ELEVATED 24"	4-0-1-0	40
C1	BAND OVERHEAD PRESS	3	8	N/A	4-0-1-0	40
D1	CHAIR DIPS	3	8	EMPHASIS ON CHEST	4-0-1-0	0
D2	STANDING BANDED FLIES	3	15	HANDS TO CHIN HEIGHT AT THE TOP	4-0-1-0	40
E1	BAND LATERAL RAISES, SEATED	3	8	N/A	4-0-1-0	40
F1	BAND FRONT RAISES	3	8	N/A	4-0-1-0	40
G1	OVERHEAD BAND TRICEPS EXTENSIONS	5	8	N/A	4-0-1-0	40
H1	BAND CONCENTRATION CURLS	4	10	N/A	4-0-1-0	40



WEEK SIX
DAY THREE - WEDNESDAY
DEADLIFT & BACK

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	STRAIGHT ARM BAND PULLOVERS	4	10	N/A	4-0-1-0	40
B1	1 ARM BAND ROWS	5	10	STANDING	4-0-1-0	40
C1	REVERSE GRIP BAND ROWS	4	8	SEATED	4-0-1-0	0
C2	1 ARM BANDED LAT PULLDOWN	4	8	KNEELING	4-0-1-0	0
C3	BANDED DEADLIFTS	4	8	KNEES BENT	4-0-1-0	120
D1	BAND PULL-APART	4	10	SHOULDER BLADES RETRACTED (PULLED BACK)	4-0-1-0	0
D2	BAND PULL-APART	4	10	SHOULDER BLADES PROTRACTED (PUSHED FORWARD)	4-0-1-0	40



WEEK SIX
DAY FOUR - THURSDAY
LEG DAY

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	BODYWEIGHT SQUATS	3	12	HEELS ELEVATED	4-0-1-0	0
A2	BANDED SQUATS	3	12	HEELS ELEVATED	4-0-1-0	0
A3	WALKING LUNGES	3	12	N/A	4-0-1-0	0
A4	BANDED SQUATS	3	20	N/A	4-0-1-0	180
B1	BANDED SQUATS	3	10	FEET TOGETHER. HEELS ELEVATED	4-0-1-0	0
B2	SPLIT SQUATS	3	10	HEELS ELEVATED	4-0-1-0	0
B3	BODYWEIGHT SQUATS	3	10	FEET WIDE APART	4-0-1-0	0
B4	BODYWEIGHT SQUAT ISOHOLD	3	1 MIN	FEET WIDE APART. GET DOWN IN THE SQUAT POSITION THEN SPEND 60 SEC IN AN ISOMETRIC HOLD	4-0-1-0	180



WEEK SIX
DAY FIVE - FRIDAY
CHEST & DELTS

	EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
A1	INCLINE PUSH-UPS	4	8	FEET ELEVATED 24"	4-0-1-0	0
A2	BANDED PUSH-UPS	4	8	BAND ACROSS BACK	4-0-1-0	0
A3	PUSH-UPS	4	12	1 1/2S (1/2 REP AT THE BOTTOM)	4-0-1-0	0
A4	STANDING BAND FLIES	4	12	BAND ACROSS BACK. HANDS TO CHIN HEIGHT. 1 1/2S (1/2 REP AT THE TOP)	4-0-1-0	0
A5	DECLINE PUSH-UPS	4	12	HANDS ON ELEVATED SURFACE	4-0-1-0	180
B1	BANDED OVERHEAD PRESS	3	20	N/A	4-0-1-0	0
B2	BAND FRONT RAISES	3	8	N/A	4-0-1-0	40

WEEK SIX
DAY SIX - SATURDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					



WEEK SIX
DAY SEVEN - SUNDAY
REST DAY

EXERCISE	SETS	REPS	COMMENT	TEMPO	REST
REST DAY					