

12 WEEK RESISTANCE BAND TRAINING PROGRAM PDF

Thank you for downloading this PDF of Resistance band workouts!

Always consult a fitness professional for advice if unsure about how to perform certain movements. If you've had past injuries, double check with a local physician that you are able to perform the movements included in this workout routine. Have fun and stay hydrated!

-- Mike
ThisIsWhyImFit.com

	WEEK 1 – 6	WEEK 7 – 12
	Day 1	Day 1
Split	CHEST / SHOULDERS	FULL BODY 1
Workout	2 rounds of: 20 x Banded chest press (RPE 8) 30 x Banded chest flies (RPE 7) 20 x Banded shoulder press (RPE 8) 30 x Banded lat raises (RPE 7) 30 x Banded upright rows (RPE 7) (Rest 90 secs in between exercises) And then... Banded push ups to failure (RPE 10)	2 rounds of: 20 x Banded squats (RPE 8) 20 x Banded chest presses (RPE 8) 30 x Banded RDLs (RPE 7) 30 x Banded lat pull downs (RPE 8) 30 x Banded bicep curls (RPE 8) (Rest 90 secs in between exercises) And then... Banded crunches to failure (RPE 10)
	Day 2	Day 2
Split	ARMS / CORE	FULL BODY 2
Workout	2 rounds of: 30 x Banded bicep curls (RPE 8) 30 x Banded hammer curls (RPE 8) 30 x Banded tricep push down (RPE 8) 30 x Banded overhead extensions (RPE 8) 30 x Banded crunches (RPE 8) (Rest 90 secs in between exercises) And then... Banded planks to failure (RPE 10)	2 rounds of: 20 x Banded chest presses (RPE 8) 30 x Banded chest flies (RPE 7) 30 x Banded RDLs (RPE 7) 30 x Banded single arm rows (left arm) (RPE 8) 30 x Banded single arm rows (right arm) (RPE 8) 30 x Banded shoulder presses (RPE 7) 30 x Banded tricep pulldowns (RPE 7) 30 x Banded rear delt flies (RPE 7) (Rest 90 secs in between exercises)
	Day 3	Day 3
Split	BACK	FULL BODY 3
Workout	2 rounds of: 20 x Banded seated row (RPE 8) 30 x Banded lat pull down (RPE 8) 30 x Banded one arm row (left arm) (RPE 7) 30 x Banded one arm row (right arm) (RPE 7) 30 x Banded single arm lat pull down (left arm) (RPE 9) 30 x Banded single arm lat pull down (right arm) (RPE 9) (Rest 90 secs in between exercises)	2 rounds of: 30 x Banded lat pull downs (RPE 8) 30 x Banded seated rows (RPE 8) 30 x Banded Bulgarian split squats (RPE 8) 30 x Banded calf raises (RPE 7) 30 x Banded upright rows (RPE 7) 30 x Banded hammer curls (RPE 8) (Rest 90 secs in between exercises)
	Day 4	Day 4
Split	LEGS	FULL BODY 4
Workout	2 rounds of: 30 x Banded squats (RPE 8) 30 x Banded single leg RDL (RPE 7) 30 x Banded split squats (RPE 8) 30 x Banded glute bridges (RPE 7) (Rest 90 secs in between exercises)	2 rounds of: 20 x Banded stiff leg deadlift (RPE 8) 30 x Banded glute bridges (RPE 7) 30 x Banded pullovers (RPE 7) 30 x Banded lateral raises (RPE 7) 30 x Banded face pulls (RPE 8) 30 x Banded tricep overhead extension (RPE 8) (Rest 90 secs in between exercises)
	Day 5	Day 5
Split	ARMS / CORE	FULL BODY 5
Workout	2 rounds of: 30 x Banded bicep curls (RPE 8) 30 x Banded hammer curls (RPE 8) 30 x Banded tricep push down (RPE 8) 30 x Banded overhead extensions (RPE 8) 30 x Banded crunches (RPE 8) (Rest 90 secs in between exercises) And then... Banded planks to failure (RPE 10)	2 rounds of: 20 x Banded shoulder presses (RPE 8) 30 x Banded lateral raises (RPE 7) 30 x Banded single arm rows (left arm) (RPE 8) 30 x Banded single arm rows (right arm) (RPE 8) 30 x Banded bicep curls (RPE 7) Banded push ups to failure (RPE 10) (Rest 90 secs in between exercises)
	Day 6 (REST)	Day 6 (REST)
	Day 7 (REST)	Day 7 (REST)