

# 4 WEEK RESISTANCE BAND TRAINING PROGRAM PDF

## Thank you for downloading our 4 Week Resistance Band Training Program PDF!

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 – 2	WEEK 3 – 4
	<b>Day 1</b>	<b>Day 1</b>
<b>Split</b>	CHEST / SHOULDERS	FULL BODY 1
<b>Workout</b>	<p><b>2 rounds of:</b>                      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)</p> <p><b>And then...</b>                      Banded push ups to failure (RPE 10)</p>	<p><b>2 rounds of:</b>                      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)</p> <p><b>And then...</b>                      Banded crunches to failure (RPE 10)</p>
	<b>Day 2</b>	<b>Day 2</b>
<b>Split</b>	ARMS / CORE	FULL BODY 2
<b>Workout</b>	<p><b>2 rounds of:</b>                      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)</p> <p><b>And then...</b>                      Banded planks to failure (RPE 10)</p>	<p><b>2 rounds of:</b>                      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)</p>
	<b>Day 3</b>	<b>Day 3</b>
<b>Split</b>	BACK	FULL BODY 3
<b>Workout</b>	<p><b>2 rounds of:</b>                      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)</p>	<p><b>2 rounds of:</b>                      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)</p>
	<b>Day 4</b>	<b>Day 4</b>
<b>Split</b>	LEGS	FULL BODY 4
<b>Workout</b>	<p><b>2 rounds of:</b>                      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)</p>	<p><b>2 rounds of:</b>                      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)</p>
	<b>Day 5</b>	<b>Day 5</b>
<b>Split</b>	ARMS / CORE	FULL BODY 5
<b>Workout</b>	<p><b>2 rounds of:</b>                      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)</p> <p><b>And then...</b>                      Banded planks to failure (RPE 10)</p>	<p><b>2 rounds of:</b>                      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)</p>
	<b>Day 6 (REST)</b>	<b>Day 6 (REST)</b>
	<b>Day 7 (REST)</b>	<b>Day 7 (REST)</b>