

THE ULTIMATE RESISTANCE BAND TRAINING PLAN:

LEVEL 1

CHEST - BICEPS - CORE

	CHEST	BICEPS	CORE
1. TASK	CHEST FLY 3X 20 REP'S	BICEPS CURLS 3X 10-15 REP'S	KNEELING CRUNCH 3X 20 REP'S
2. TASK	PUSH UP'S 3X 10 REP'S	BICEPS CURLS SPINS 3X 20 REP'S	REVESE WOOD CHOP (LEFT & RIGHT) 3X 20 REP'S
3. TASK	-	-	-
4. TASK	-	-	-
5. TASK	-	-	-
6. TASK	-	-	-

THE ULTIMATE RESISTANCE BAND TRAINING PLAN:



BACK - TRICEPS - CORE

	BACK	TRICEPS	CORE
1. TASK	ROMANIAN DEADLIFT 3X 20 REP'S	TRICEPS KICKBACK (LEFT & RIGHT) 3X 20 REP'S	LYING OBLIQUE CRUNCH (LEFT & RIGHT) 3X 20 REP'S
2. TASK	SQUAT'S 3X 20 REP'S	TRICEPS EXTENSION 3X 20 REP'S	SIDE BEND (LEFT & RIGHT) 3X 20 REP'S
3. TASK	-	-	-
4. TASK	-	-	-
5. TASK	-	-	-
6. TASK	-	-	-

THE ULTIMATE RESISTANCE BAND TRAINING PLAN:

LEVEL 1

SHOULDERS - LEGS - CORE

	SHOULDERS	LEGS	CORE
1. TASK	EXTERNAL ROTATIONS (LEFT & RIGHT) 3X 20 REP'S	SLOW DEEP SQUATS 3X 20 REP'S	SIT UPS 3X 20 REP'S
2. TASK	INTERNAL ROTATIONS (LEFT & RIGHT) 3X 20 REP'S	ROMANIAN DEADLIFT 3X 20 REP'S	SIDE PLANK (LEFT & RIGHT) 3X 20 REP'S
3. TASK	-	-	-
4. TASK	-	-	-
5. TASK	-	-	-
6. TASK	-	-	-