

# phase 1 part 1 resistance bands

(WEEKS 1-3 & WEEKS 7-9)



## RESISTANCE BAND WORKOUT

**Week 1 & 2.** Perform 20 sec of the designated exercise  
e.g. Band Chest Press, followed 10 reps of the designated ab exercise.  
Repeat Three times (3 sets) with 30 sec rest between exercises.  
1 min rest between exercise groups.

**Week 3 & 7.** Perform 30 sec of the designated exercise  
e.g. Band Chest Press, followed 12 reps of the designated ab exercise.  
Repeat Four times (4 sets) 15 sec rest between exercises.  
1 min rest between exercise groups.

**Week 8 & 9.** Perform 30-40 sec of the designated exercise  
e.g. Band Chest Press, followed 12-15 reps of the designated ab  
exercise. Repeat Four times (4 sets) No rest between exercises.  
1 min rest between exercise groups.