

# resistance bands log<sup>™</sup>

PHASE 1, PART 1 (WEEKS 1-3 & WEEKS 7-9)

NAME \_\_\_\_\_

PROGRAM TYPE TOTAL BODY: PHASE 1

	DATE												
BAND CHEST PRESS	SET 1												
PLUS SLIDE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												
BAND LAT PULL DOWN	SET 1												
PLUS ELBOW TO KNEE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												
STANDING BAND SHOULDER PRESS	SET 1												
PLUS REVERSE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												
BAND SQUATS	SET 1												
PLUS BICYCLE CRUNCHES	SET 2												
	SET 3												
	SET 4												
	SET 5												



# resistance bands log<sup>™</sup>

PHASE 1, PART 1 (WEEKS 1-3 & WEEKS 7-9)

NAME \_\_\_\_\_

PROGRAM TYPE TOTAL BODY: PHASE 1

	DATE												
BAND ROMAINIAN DEAD LIFT	SET 1												
PLUS PLANK	SET 2												
	SET 3												
	SET 4												
	SET 5												
BAND BICEP CURLS	SET 1												
SUPER SET WITH	SET 2												
BENCH TRICEP DIPS	SET 3												
	SET 4												
	SET 5												