





Bands

Exercise	Sets	Reps	Picture	Notes
Bodyweight Squat	2-3	Failure		Keep the back straight and the feet shoulder width apart. Make sure to keep the core and glute muscles engaged throughout. Do not let the knees cave in.
Push-up	2-3	Failure		Keeping the shoulders down and tucking the elbows in, push up off of the floor and then return fully with control.
Banded Row	2-3	Failure		Pull the band toward you with good posture, squeezing the shoulder blades together as you pull. Slowly return the arms back to an extended position.
Alternating Leg Kickout	2-3	Failure		Lie on the back with the knees up above the hips. Brace the core tightly and push the lower back into the ground. Kick back and forth with alternating legs in a controlled manner.

Notes

Frequency: 2x per week with at least 1 day of rest in between
 Intensity: Perform each set to failure (as many reps as possible) or until form breaks down
 Perform all sets of an exercise before moving to the next
 Rest 1-2 minutes between sets or until the muscles feel recovered
 Progression: Increase the difficulty or rep range of the exercise once the rep range is exceeded on any set



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