




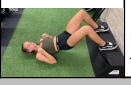




Bands +

Circuit 1				
	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.
Banded Overhead Press	2-3	Failure 10-20		With the elbows stacked under the hands, press the band up overhead and try to push your hands through the ceiling. Slowly lower back down with control.
Circuit 2				
	Sets	Reps	Picture	Notes
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 10-20		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.
Circuit 3				
	Sets	Reps	Picture	Notes
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.
Elevated Glute Bridge	2-3	Failure 10-20		Lie on your back and elevate your feet. Brace the core muscles and raise your hips up by pushing your heels into the floor.
Circuit 4				
	Sets	Reps	Picture	Notes
Banded Bicep Curl	2-3	Failure 10-20		Curl the weight up with the band, squeeze at the top, and then slowly lower down until the elbow is fully extended.
Banded Tricep Extension	2-3	Failure 10-20		Maintain good posture and walk close the band. Extend at the elbow by pulling the band down. Squeeze the triceps and then slowly return. Keep tension on the triceps throughout.

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.

Alternate back and forth between the 2 exercises in the circuit. Perform all sets of the circuit before moving on 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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