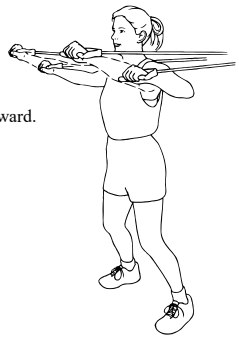
Routine For: Resistance Band Circuit 2
Created By: Jared Byer, HFI

CHEST - 1 Press

Face away from anchor in shoulder width stance.
Palms down, press arms forward.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Shoulder*

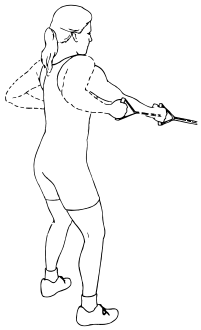


MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Waist*

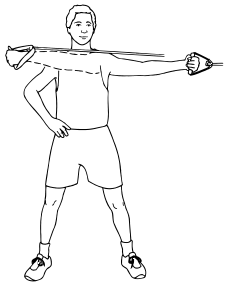


CHEST - 6 Fly: Thumb Up (Single Arm)

Side toward anchor in wide stance. Pull arm across body with thumb up.

Repeat _15_ times per set.
Repeat with other arm.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Chest*

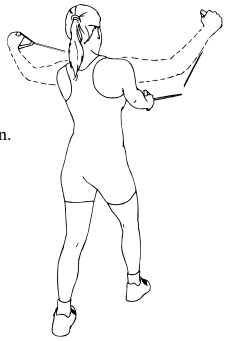


SHOULDER / UPPER BACK - 13 Fly: Reverse

Face anchor in stride stance, reaching forward, thumbs up. Pull arms apart and back, squeezing shoulder blades together at end position.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Chest*

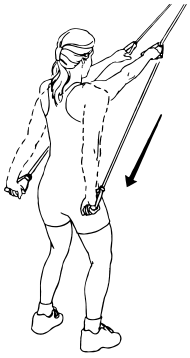


SHOULDER / UPPER BACK - 4 Lat Pull Down

Face anchor with knees slightly flexed.
Palms down, pull arms down to sides.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

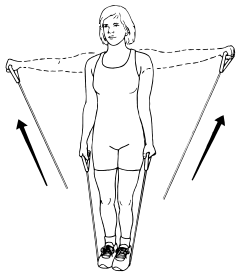
*Anchor Height: Over Head*



SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.



SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

TRICEPS - 4 Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.

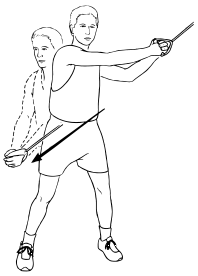
Repeat _15_ times per set.
Do _3_ sets per session.
Do ____ sessions per week.

TRUNK - 3 Chop: Standing - Diagonal

Side toward anchor in wide stance, reach up toward anchor. Thumbs up, pull down and away from anchor.

Repeat _15_ times per set.
Repeat from other side.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Over Head*

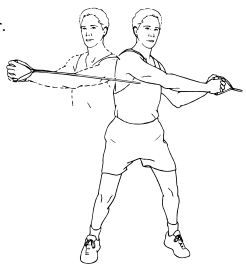


TRUNK - 1 Twist: Standing

Side toward anchor in wide stance, reach toward anchor. Thumbs up, pull away from anchor. Keep arm furthest from anchor straight.

Repeat _15_ times per set.
Repeat from other side.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Chest*

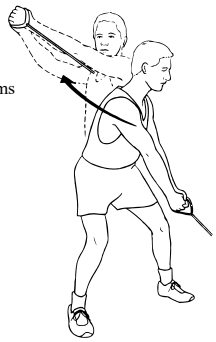


TRUNK - 4 Pull: Standing - Diagonal

Side toward anchor in wide stride stance, reach down toward anchor. Thumbs up, arms straight, pull up and away.

Repeat _15_ times per set.
Repeat from other side.
Do _3_ sets per session.
Do ____ sessions per week.

*Anchor Height: Below Knees*



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Routine For: Resistance Band Circuit 2
Created By: Jared Byer, HFI

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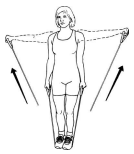
|  | | | | | | | | | | | | | | | |
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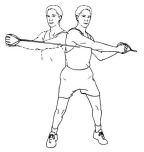
|  | | | | | | | | | | | | | | | |
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