



HIGH INTENSITY TRAINING BAND WORKOUT

Built for results. Designed for the unconquered.

This program focuses on High-Intensity Resistance Training (HIRT) with loop bands, aiming for muscle strength and size gains within 30-35 minutes per session.

PROGRAM GUIDELINES

- **Minimal Rest:** Short rest periods between exercises (e.g., 30 seconds) to keep your heart rate elevated.
- **High Intensity:** Perform each exercise with maximum effort for the prescribed duration.
- **Compound Movements:** Prioritize exercises that work multiple muscle groups simultaneously.
- **Warm-up:** Before each workout, perform 5-10 minutes of light cardio, such as jogging in place or jumping jacks.

DAY 1: UPPER BODY

	DURATION	NOTES
Pull-Aparts	30 seconds	Anchor the band around a sturdy object. Stand with arms extended in front of you, holding the band. Pull the band apart, squeezing your shoulder blades together.
Rows	30 seconds	Anchor the band around a low object. Stand facing away from the anchor point, holding the band with both hands. Row the band towards your chest, squeezing your back muscles.
Push-Ups	30 seconds	Anchor the band around a sturdy object above your head. Perform push-ups, with the band providing additional resistance.
Overhead Press	30 seconds	Anchor the band around a low object. Stand with your feet shoulder-width apart, holding the band ends. Press the band overhead, extending your arms fully.
Bicep Curls	30 seconds	Anchor the band around a low object. Stand with your feet shoulder-width apart. Curl the band towards your shoulders, focusing on your biceps.

	DURATION	NOTES
Tricep Extensions	30 seconds	Anchor the band around a high object. Stand with your back to the anchor point. Extend your arms overhead, then bend your elbows to bring the band behind your head.

DAY 2: LOWER BODY

	DURATION	NOTES
Squats	30 seconds	Place the band around your thighs, just above your knees. Perform squats, focusing on keeping your back straight and chest up.
Glute Bridges	30 seconds	Loop the band around your thighs. Lie on your back with your knees bent and feet flat on the floor. Lift your hips off the ground, squeezing your glutes.
Lunges	30 sec / leg	Stand on the band with one foot. Hold the handles and step forward into a lunge, lowering your back knee towards the ground. Push back up to the starting position.
Calf Raises	30 seconds	Place the band around the balls of your feet. Stand on a raised surface. Raise your heels as high as possible, then slowly lower them back down.
Hamstring Curls	30 seconds	Anchor the band around a sturdy object. Lie on your stomach with the band looped around your ankles. Lift your heels towards your glutes, squeezing your hamstrings.

DAY 3: FULL BODY

	DURATION	NOTES
Burpees with Band Push-Ups	30 seconds	Perform a burpee, but instead of a regular push-up, do a band push-up as described on Day 1.
Mountain Climbers with Band Rows	30 seconds	Assume a high plank position with the band anchored and held as for band rows. Alternate bringing your knees towards your chest while performing band rows.
Squat Jumps with Band	30 seconds	Place the band around your thighs. Perform a squat, then explosively jump as high as possible.
Band Plank Jacks	30 seconds	Assume a high plank position with the band anchored and held as for band pull-aparts. Jump your feet out and in, simulating a jumping jack motion.

	DURATION	NOTES
Supermans with Band Pull-Aparts	30 seconds	Lie face down with the band anchored and held as for band pull-aparts. Simultaneously lift your arms, legs, and chest off the ground while performing band pull-aparts.

COACHING NOTES FROM INVICTUS

- **Progressive Overload:** Gradually increase the intensity or duration of the exercises as you get stronger.
- **Nutrition:** Focus on a balanced diet to support muscle growth and recovery.
- **Recovery:** Drink plenty of water throughout the day. After each workout, perform 5-10 minutes of light stretching.
- **Form > Ego:** We build unconquered athletes, not injured ones. Listen to your body, rest when needed, and avoid pushing yourself too hard, especially when starting. If form breaks, lower the intensity.
- **Questions?** Bring this sheet to your next session at INVICTUS—we'll dial it in for your goals.

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This program is for educational purposes. Consult a physician before beginning any new exercise program. Stop if you experience pain. Results vary based on individual effort, nutrition, and consistency.