



FOUR DAY A WEEK RESISTANCE BAND WORKOUT

UPPER • LOWER • UPPER • LOWER — ADVANCED BAND SPLIT

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PROGRAM NOTES

- **Equipment:** Variety of loop resistance band strengths (light, medium, heavy)
- **Adjust resistance** based on your current fitness level — should hit near failure in prescribed rep range
- **Form:** Focus on proper form to avoid injuries — 2 sec concentric, 2 sec eccentric
- **Rest:** 60 seconds between sets • **Cool Down:** Stretch all major muscle groups for 5-10 minutes after each workout

DAY 1: UPPER BODY

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Pull-Aparts	3 x 12-15	Hold the band at chest height with arms extended in front of you. Pull the band apart, squeezing your shoulder blades together.
2	Rows	3 x 10-12	Anchor the band to a sturdy object. Stand facing away from the anchor point. Pull the band towards your chest, squeezing your back muscles.
3	Overhead Press	3 x 8-10	Anchor the band to a sturdy object overhead. Stand facing away from the anchor point. Press the band overhead, extending your arms fully.
4	Bicep Curls	3 x 12-15	Anchor the band to a sturdy object at waist height. Stand facing the anchor point. Curl the band towards your shoulders, squeezing your biceps.
5	Tricep Extensions	3 x 10-12	Anchor the band to a sturdy object overhead. Stand facing the anchor point. Extend your arms overhead, squeezing your triceps.

DAY 2: LOWER BODY

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Squats	3 x 10-12	Place the band around your thighs, just above the knees. Perform a squat, keeping the band tension throughout the movement.

2	Glute Bridges	3 x 12-15	Loop the band around your knees. Lie on your back with knees bent and feet flat on the floor. Lift your hips off the ground, squeezing your glutes.
3	Hip Thrusts	3 x 10-12	Loop the band around your knees. Place your upper back on a bench with knees bent and feet flat on the floor. Push your hips up towards the ceiling, squeezing your glutes.
4	Walking Lunges	3 x 10-12 /leg	Loop the band around your ankles. Step forward into a lunge, keeping the band under tension.
5	Calf Raises	3 x 15-20	Loop the band around your feet. Stand on a raised surface (e.g., step, book) and perform calf raises, keeping the band under tension.

DAY 3: UPPER BODY

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Pull-Aparts (reverse grip)	3 x 12-15	Same as Day 1, but with an overhand grip.
2	Face Pulls	3 x 10-12	Anchor the band to a sturdy object at face height. Stand facing the anchor point and pull the band towards your face, squeezing your shoulder blades together.
3	Push-Ups	3 x AMRAP	Loop the band around your upper back. Perform push-ups, keeping the band under tension.
4	Hammer Curls	3 x 12-15	Anchor the band to a sturdy object at waist height. Stand facing the anchor point and curl the band towards your shoulders, palms facing each other.
5	Overhead Tricep Extensions	3 x 10-12	Anchor the band to a sturdy object overhead. Stand facing the anchor point. Extend your arms overhead, squeezing your triceps.

DAY 4: LOWER BODY

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Bulgarian Split Squats	3 x 10-12 /leg	Loop the band under your front foot. Place one foot on a bench behind you and perform a lunge, keeping the band under tension.
2	Band Glute Bridges (single leg)	3 x 12-15 /leg	Loop the band around your knees. Lie on your back with one knee bent and the other leg extended. Lift your hips off the ground, squeezing your glutes.
3	Band Hip Abduction	3 x 15-20 /leg	Loop the band around your ankles. Stand with your legs hip-width apart and slowly move one leg out to the side, keeping the band under tension.

COOL DOWN & COACHING NOTES

- **Cool Down:** Stretch all major muscle groups for 5-10 minutes after each workout.
- **Progression:** When you can hit top of rep range easily (e.g., 15,15,15), move to heavier band or add pause at contraction.
- **Tempo:** 2-1-2 — control beats speed.
- **Schedule:** Mon Upper, Tue Lower, Thu Upper, Fri Lower — Wed/Sat/Sun mobility or rest.

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Educational use only. Consult physician before beginning. Focus on proper form to avoid injuries.