

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Three Day a Week Resistance Band Workout

Day 1: Upper Body

Warm-up: 5 minutes of light cardio (e.g., jogging in place, jumping jacks, jump rope)

1. Chest Press: Sets/Reps: 3 sets of 12-15 reps

- Description: Anchor the band behind you at chest height. Hold the handles, step forward to create tension, and press your hands forward until your arms are fully extended. Return to the starting position.

2. Bent Over Rows: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Bend at the hips, keeping your back straight. Hold the handles and pull them towards your hips, squeezing your shoulder blades together. Lower back down.

3. Shoulder Press: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Hold the handles at shoulder height with palms facing forward. Press the handles overhead until your arms are fully extended. Lower back down.

4. Bicep Curls: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Hold the handles with palms facing up. Curl your hands towards your shoulders, keeping your elbows close to your body. Lower back down.

5. Tricep Extensions: Sets/Reps: 3 sets of 12-15 reps

- Description: Anchor the band above you. Hold the handles with palms facing each other. Extend your arms downwards until fully extended. Return to the starting position.

Day 2: Lower Body

Warm-up: 5 minutes of light cardio

1. Squats: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Hold the handles at shoulder height. Squat down by bending your knees and hips, keeping your back straight. Stand back up.

2. Lunges: Sets/Reps: 3 sets of 12-15 reps per leg

- Description: 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.

3. Deadlifts: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Hold the handles with palms facing your body. Hinge at the hips, lowering your torso while keeping your back straight. Return to the starting position.

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4. Glute Bridges: Sets/Reps: 3 sets of 12-15 reps

- Description: Lie on your back with the band around your thighs. Bend your knees and place your feet flat on the ground. Lift your hips towards the ceiling, squeezing your glutes. Lower back down.

5. Calf Raises: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Hold the handles and raise your heels off the ground. Lower back down.

Day 3: Full Body

Warm-up: 5 minutes of light cardio

1. Push-ups with Band: Sets/Reps: 3 sets of 12-15 reps

- Description: Place the band across your back and hold the ends. Perform push-ups, keeping your body in a straight line from head to heels.

2. Band Pull-Aparts: Sets/Reps: 3 sets of 12-15 reps

- Description: Hold the band in front of you with both hands. Pull the band apart by moving your hands out to the sides, squeezing your shoulder blades together. Return to the starting position.

3. Standing Band Rows: Sets/Reps: 3 sets of 12-15 reps

- Description: Anchor the band in front of you at chest height. Hold the handles and pull them towards your torso, squeezing your shoulder blades together. Return to the starting position.

4. Band Squat to Press: Sets/Reps: 3 sets of 12-15 reps

- Description: Stand on the band with feet shoulder-width apart. Hold the handles at shoulder height. Squat down and as you stand up, press the handles overhead.

5. Plank with Band Row: Sets/Reps: 3 sets of 12-15 reps per side

- Description: Get into a plank position with the band anchored in front of you. Hold one handle and row it towards your torso, keeping your body stable. Switch sides.

Cool Down

- Stretch all major muscle groups for 5-10 minutes after each workout.