

INVICTUS

SPORTS PERFORMANCE AND FITNESS

High Intensity Training Band Workout

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.

Key Principles of HIRT:

- **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.

Day 1: Upper Body

1. Pull-Aparts:

- **Duration:** 30 seconds
- **Description:** Anchor the band around a sturdy object (e.g., pole, tree). Stand with arms extended in front of you, holding the band. Pull the band apart, squeezing your shoulder blades together.

2. Rows:

- **Duration:** 30 seconds
- **Description:** Anchor the band around a low object (e.g., chair leg). Stand facing away from the anchor point, holding the band with both hands. Row the band towards your chest, squeezing your back muscles.

3. Push-Ups:

- **Duration:** 30 seconds
- **Description:** Anchor the band around a sturdy object above your head. Perform push-ups, with the band providing additional resistance.

4. Overhead Press:

- **Duration:** 30 seconds
- **Description:** 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.

5. Bicep Curls:

- **Duration:** 30 seconds
- **Description:** Anchor the band around a low object. Stand with your feet shoulder-width apart, holding the band ends. Curl the band towards your shoulders, focusing on your biceps.

6. Tricep Extensions:

- **Duration:** 30 seconds
- **Description:** Anchor the band around a high object. Stand with your back to the anchor point, holding the band end. Extend your arms overhead, then bend your elbows to bring the band behind your head.

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Day 2: Lower Body

1. **Squats:**
 - **Duration:** 30 seconds
 - **Description:** Place the band around your thighs, just above your knees. Perform squats, focusing on keeping your back straight and chest up.
2. **Glute Bridges:**
 - **Duration:** 30 seconds
 - **Description:** 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.
3. **Lunges:**
 - **Duration:** 30 seconds 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.
4. **Calf Raises:**
 - **Duration:** 30 seconds
 - **Description:** Place the band around the balls of your feet. Stand on a raised surface (e.g., step, book). Raise your heels as high as possible, then slowly lower them back down.
5. **Hamstring Curls:**
 - **Duration:** 30 seconds
 - **Description:** 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

1. **Burpees with Band Push-Ups:**
 - **Duration:** 30 seconds
 - **Description:** Perform a burpee, but instead of a regular push-up, do a band push-up as described on Day 1.
2. **Mountain Climbers with Band Rows:**
 - **Duration:** 30 seconds
 - **Description:** 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.
3. **Squat Jumps with Band:**
 - **Duration:** 30 seconds
 - **Description:** Place the band around your thighs. Perform a squat, then explosively jump as high as possible.

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4. **Band Plank Jacks:**

- **Duration:** 30 seconds
- **Description:** 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.

5. **Supermans with Band Pull-Aparts:**

- **Duration:** 30 seconds
- **Description:** 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.

Important Considerations:

- **Warm-up:** Before each workout, perform 5-10 minutes of light cardio, such as jogging in place or jumping jacks.
- **Cool-down:** After each workout, perform 5-10 minutes of light stretching.
- **Progressive Overload:** Gradually increase the intensity or duration of the exercises as you get stronger.
- **Listen to Your Body:** Rest when needed and avoid pushing yourself too hard, especially when starting.
- **Hydration:** Drink plenty of water throughout the day.
- **Nutrition:** Focus on a balanced diet to support muscle growth and recovery