



THREE DAY A WEEK RESISTANCE BAND WORKOUT

UPPER • LOWER • FULL BODY — HOME & TRAVEL FRIENDLY

INVICTUS SPORTS PERFORMANCE AND FITNESS • invictussports.org

PROGRAM NOTES

- **Equipment:** Variety of loop resistance bands (light, medium, heavy)
- **Adjust resistance** based on your current fitness level — you should hit failure at 12-15 reps
- **Form:** Focus on proper form to avoid injuries — slow 2 sec up, 2 sec down
- **Rest:** 60 seconds between sets • **Warm-up:** 5 minutes light cardio every day (jogging in place, jumping jacks, jump rope)
- **Cool Down:** Stretch all major muscle groups for 5-10 minutes after each workout

DAY 1: UPPER BODY — PUSH/PULL FOCUS

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Chest Press	3 x 12-15	Anchor the band behind you at chest height. Hold the handles, step forward to create tension, and press your hands forward until arms are fully extended. Return to starting position.
2	Bent Over Rows	3 x 12-15	Stand on the band with feet shoulder-width apart. Bend at hips, keeping back straight. Hold handles and pull them towards hips, squeezing shoulder blades together. Lower back down.
3	Shoulder Press	3 x 12-15	Stand on the band with feet shoulder-width apart. Hold handles at shoulder height with palms facing forward. Press overhead until arms fully extended. Lower back down.
4	Bicep Curls	3 x 12-15	Stand on the band with feet shoulder-width apart. Hold handles with palms facing up. Curl hands towards shoulders, keeping elbows close to body. Lower back down.
5	Tricep Extensions	3 x 12-15	Anchor the band above you. Hold handles with palms facing each other. Extend arms downwards until fully extended. Return to starting position.

DAY 2: LOWER BODY — LEGS & GLUTES

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Squats	3 x 12-15	Stand on the band with feet shoulder-width apart. Hold handles at shoulder height. Squat down by bending knees and hips, keeping back straight. Stand back up.
2	Lunges	3 x 12-15 /leg	Stand on the band with one foot. Hold handles and step forward into a lunge, lowering back knee towards ground. Push back up to starting position.
3	Deadlifts	3 x 12-15	Stand on the band with feet shoulder-width apart. Hold handles with palms facing your body. Hinge at hips, lowering torso while keeping back straight. Return to starting position.
4	Glute Bridges	3 x 12-15	Lie on back with band around thighs. Bend knees and place feet flat on ground. Lift hips towards ceiling, squeezing glutes. Lower back down.
5	Calf Raises	3 x 12-15	Stand on the band with feet shoulder-width apart. Hold handles and raise heels off ground. Lower back down.

DAY 3: FULL BODY — FUNCTIONAL & CORE

#	EXERCISE	SETS/REPS	DESCRIPTION & CUE
1	Push-ups with Band	3 x 12-15	Place the band across your back and hold the ends. Perform push-ups, keeping body in straight line from head to heels.
2	Band Pull-Aparts	3 x 12-15	Hold the band in front of you with both hands. Pull the band apart by moving hands out to sides, squeezing shoulder blades together. Return to starting position.
3	Standing Band Rows	3 x 12-15	Anchor the band in front of you at chest height. Hold handles and pull them towards torso, squeezing shoulder blades together. Return to starting position.
4	Band Squat to Press	3 x 12-15	Stand on the band with feet shoulder-width apart. Hold handles at shoulder height. Squat down and as you stand up, press handles overhead.
5	Plank with Band Row	3 x 12-15 /side	Get into plank position with band anchored in front of you. Hold one handle and row it towards torso, keeping body stable. Switch sides.

COACHING NOTES FROM INVICTUS

- **Why Bands Work:** Variable resistance = harder at peak contraction, joint-friendly, perfect for home/travel/hotel.
- **Progression:** When you hit 15,15,15 easy, move to next band thickness or shorten band for more tension.
- **Tempo:** 2 sec concentric, 1 sec squeeze, 2 sec eccentric — no bouncing.
- **Combine:** Pair this with our Mobility Program on off-days (Tue/Thu/Sat) at invictussports.org.
- **Cool Down:** Stretch all major muscle groups 5-10 min after each workout — hamstrings, quads, chest, back, shoulders.

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