

INVICTUS

SPORTS PERFORMANCE AND FITNESS

Four Day a Week Resistance Band Workout

Note:

- This program assumes you have a variety of loop resistance band strengths (light, medium, heavy).
- Adjust the resistance based on your current fitness level.
- Focus on proper form to avoid injuries.
- Rest for 60 seconds between sets.

• Day 1: Upper Body

- **Pull-Aparts: Sets/Reps: 3 sets of 12-15 reps**
 - Description: Hold the band at chest height with arms extended in front of you. Pull the band apart, squeezing your shoulder blades together.
- **Rows: Sets/Reps: 3 sets of 10-12 reps**
 - Description: Anchor the band to a sturdy object. Stand facing away from the anchor point. Pull the band towards your chest, squeezing your back muscles.
- **Overhead Press: Sets/Reps: 3 sets of 8-10 reps**
 - Description: Anchor the band to a sturdy object overhead. Stand facing away from the anchor point. Press the band overhead, extending your arms fully.
- **Bicep Curls: Sets/Reps: 3 sets of 12-15 reps**
 - Description: Anchor the band to a sturdy object at waist height. Stand facing the anchor point. Curl the band towards your shoulders, squeezing your biceps.
- **Tricep Extensions: Sets/Reps: 3 sets of 10-12 reps**
 - Description: Anchor the band to a sturdy object overhead. Stand facing the anchor point. Extend your arms overhead, squeezing your triceps.

• Day 2: Lower Body

- **Squats: Sets/Reps: 3 sets of 10-12 reps**
 - Description: Place the band around your thighs, just above the knees. Perform a squat, keeping the band tension throughout the movement.
- **Glute Bridges: Sets/Reps: 3 sets of 12-15 reps**
 - Description: 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.

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- **Hip Thrusts: Sets/Reps: 3 sets of 10-12 reps**
 - Description: 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.
- **Walking Lunges: Sets/Reps: 3 sets of 10-12 reps per leg**
 - Description: Loop the band around your ankles. Step forward into a lunge, keeping the band under tension.
- **Calf Raises: Sets/Reps: 3 sets of 15-20 reps**
 - Description: 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**
 - **Pull-Aparts (reverse grip): Sets/Reps: 3 sets of 12-15 reps**
 - Description: Same as Day 1, but with an overhand grip.
 - **Face Pulls: Sets/Reps: 3 sets of 10-12 reps**
 - Description: 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.
 - **Push-Ups: Sets/Reps: 3 sets of as many reps as possible (AMRAP)**
 - Description: Loop the band around your upper back. Perform push-ups, keeping the band under tension.
 - **Hammer Curls: Sets/Reps: 3 sets of 12-15 reps**
 - Description: 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.
 - **Overhead Tricep Extensions: Sets/Reps: 3 sets of 10-12 reps**
 - Description: Anchor the band to a sturdy object overhead. Stand facing the anchor point. Extend your arms overhead, squeezing your triceps.

Day 4: Lower Body

- **Bulgarian Split Squats: Sets/Reps: 3 sets of 10-12 reps per leg**
 - Description: Loop the band under your front foot. Place one foot on a bench behind you and perform a lunge, keeping the band under tension.
- **Band Glute Bridges (single leg): Sets/Reps: 3 sets of 12-15 reps per leg**
 - Description: 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.
- **Band Hip Abduction: Sets/Reps: 3 sets of 15-20 reps per leg**
 - Description: 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

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