



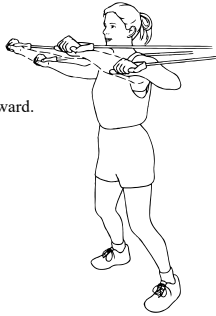
Routine For: Resistance Band Circuit 1
Created By: Jared Byer, HFI

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CHEST - 1 Press

Face away from anchor in shoulder width stance. Palms down, press arms forward.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.

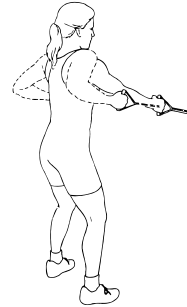


Anchor Height: Shoulder

MID BACK - 5 Low Row: Thumbs Up

Face anchor, medium to wide stance. Thumbs up, pull arms back, squeezing shoulder blades together.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.

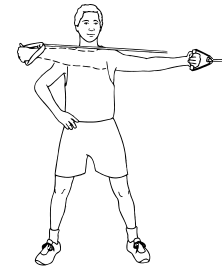


Anchor Height: Waist

CHEST - 6 Fly: Thumb Up (Single Arm)

Side toward anchor in wide stance. Pull arm across body with thumb up.

Repeat 15 times per set.
Repeat with other arm.
Do 3 sets per session.
Do ___ sessions per week.

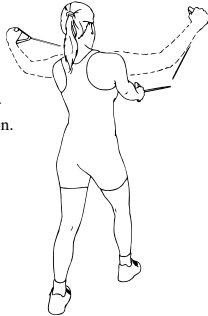


Anchor Height: Chest

SHOULDER / UPPER BACK - 13 Fly: Reverse

Face anchor in stride stance, reaching forward, thumbs up. Pull arms apart and back, squeezing shoulder blades together at end position.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.

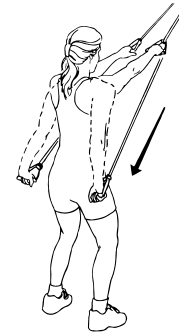


Anchor Height: Chest

SHOULDER / UPPER BACK - 4 Lat Pull Down

Face anchor with knees slightly flexed. Palms down, pull arms down to sides.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.

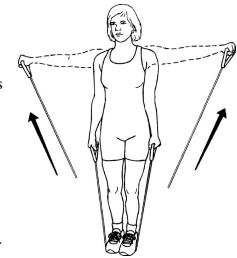


Anchor Height: Over Head

SHOULDER / UPPER BACK - 10 Raise: Lateral

Anchor tubing under feet in narrow stance. Thumbs forward, raise arms out from sides to parallel.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.



SHOULDER / UPPER BACK - 1 Press: Over Head

Anchor tubing under back foot in stride stance. Palms up, press arms up over head.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.



BICEPS - 1 Curl: Standing

Anchor tubing under front foot in stride stance. Palms forward, curl arms.

Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.



TRICEPS - 4 Press: Standing - Over Head

In stride stance, tubing anchored under back foot, grasp handles behind head. Thumbs down, straighten arms, rotating to palms forward.







Repeat 15 times per set.
Do 3 sets per session.
Do ___ sessions per week.





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