

# THE ELASTIC HOME TRAINER

The resistance bands can either make you workout easier / or a lot harder. Whatever you prefer. Resistance rubber bands is the perfect solution if you're looking for an easy, affordable solution for your home gym. With the 3 different strengths, you can scale og increase the load in your workouts.

The program consists of 3 different strength program: back & biceps, chest & Triceps and a full body workout. You can either choose to use your suspension trainer program 2-3 times a week or use it as a supplement to another training program or sport.

## RIR EXPLAINED

Want to feel the results? In the "REPS" section, you can see a term called RIR. This means "reps in reserve".

When the program claims 1-2 RIR it means, you should continue until you only have 1-2 repetitions left before failure. (Or you can decide to do e.g 12-15 reps). Write your number under "set" and fill out the total number of reps. The next time, you try the program, you should increase the numbers of total reps completed (or if possible, make a harder version of the exercise/add weight).

### UPPER BODY

		SETS	REPS	REST	1. SET	2. SET	3. SET	4. SET	TOTAL REPS	NOTES
A1	Rows	4	1-2 RIR	20 sec						
A2	Chest Press	4	1-2 RIR	1 min						
SUPERSET										
B1	Door Rows	3	1-2 RIR	20 sec						
B2	Tricep Push Down	3	1-2 RIR	1 min						
SUPERSET										
C1	Lateral Raises	3	1-2 RIR	20 sec						
C2	Biceps Curls	3	1-2 RIR	1 min						
FINISHER										
1	Max reps push ups w. band	1	Max							

### LOWER BODY

		SETS	REPS	REST	1. SET	2. SET	3. SET	4. SET	TOTAL REPS	NOTES
A	Squat	5	1-2 RIR	30 sec						
SUPERSET										
B1	RDL	3	1-2 RIR	20 sec						
B2	Bulgarian Split Squat	3	1-2 RIR	1 min						
SUPERSET										
C	Glute Bridge	3	1-2 RIR	20 sec						
FINISHER										
1	Jump squat	4	30 sec	10 sec						

### FULL BODY CIRCUIT

	CHOOSE 4 (OR MORE) EXERCISE FROM ABOVE. E.G	ROUNDS	REPS	REST
1	SQUAT	3-5	12-15	15 SEC 1 MIN BETWEEN ROUNDS
2	OVERHEAD PRESS			
3	BANDED PULL APARTS			
4	RDL			
5	BENT OVER ROWSVV			