

# RESISTANCE BANDS

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).

**BACK & BICEPS**

|          |                       | SETS | REPS    | REST   | 1. SET | 2. SET | 3. SET | 4. SET | TOTAL REPS | NOTES |
|----------|-----------------------|------|---------|--------|--------|--------|--------|--------|------------|-------|
| A1       | Lat Pull Down         | 5    | 2 RIR   | 1 min  |        |        |        |        |            |       |
| SUPERSET |                       |      |         |        |        |        |        |        |            |       |
| B1       | Seated Rows           | 4    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| SUPERSET |                       |      |         |        |        |        |        |        |            |       |
| C1       | Face Pulls            | 3    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| C2       | Banded Pull Aparts    | 3    | 1-2 RIR | 1 min  |        |        |        |        |            |       |
| FINISHER |                       |      |         |        |        |        |        |        |            |       |
| 1        | Max reps Biceps Curls | 1    | Max     |        |        |        |        |        |            |       |

**CHEST, SHOULDERS & TRICEPS**

|          |                           | SETS | REPS    | REST   | 1. SET | 2. SET | 3. SET | 4. SET | TOTAL REPS | NOTES |
|----------|---------------------------|------|---------|--------|--------|--------|--------|--------|------------|-------|
| A1       | Push Ups                  | 5    | 2 RIR   | 1 min  |        |        |        |        |            |       |
| SUPERSET |                           |      |         |        |        |        |        |        |            |       |
| B1       | Overhead Press            | 3    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| B2       | Uprigt Row                | 3    | 1-2 RIR | 1 min  |        |        |        |        |            |       |
| SUPERSET |                           |      |         |        |        |        |        |        |            |       |
| C1       | Tricep Overhead Extension | 3    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| C2       | Tricep Push Down          | 3    | 1-2 RIR | 1 min  |        |        |        |        |            |       |

**LEGS**

|          |                                 | SETS | REPS    | REST   | 1. SET | 2. SET | 3. SET | 4. SET | TOTAL REPS | NOTES |
|----------|---------------------------------|------|---------|--------|--------|--------|--------|--------|------------|-------|
| A1       | Squat (weighted if possible)    | 4    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| SUPERSET |                                 |      |         |        |        |        |        |        |            |       |
| B1       | RDL                             | 3    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| B2       | B-stance RDL                    | 3    | 1-2 RIR | 1 min  |        |        |        |        |            |       |
| SUPERSET |                                 |      |         |        |        |        |        |        |            |       |
| C1       | Leg Extension                   | 3    | 1-2 RIR | 20 sec |        |        |        |        |            |       |
| C2       | Hamstring Curls                 | 3    | 1-2 RIR | 1 min  |        |        |        |        |            |       |
| FINISHER |                                 |      |         |        |        |        |        |        |            |       |
|          | Max Reps Squat (heels elevated) | 1    | Max     |        |        |        |        |        |            |       |