

Download File PDF The Resistance Band Workout Book

#Jenny



Finally I get this ebook, thanks for all these I can get now!

#Rio



Cool! I'am really happy

#Markus Jensen



I did not think that this would work, my best friend showed me this website, and it does! I get my most wanted eBook

#Hun Tsu



wtf this great ebook for free?!

#Che Salsa



My friends are so mad that they do not know how I have all the high quality ebook which they do not!

#Diego Butler



so many fake sites. this is the first one which worked! Many thanks

Perfect BANDS

81-DAY TOTAL BODY SUPERSSET WORKOUT

INSTRUCTIONS: Follow the workout listed for each day of the week. Perform each Superset for indicated number of sets, taking a 30-60 second rest in between each set, before continuing on to next exercise. We recommend wearing a belt when performing any workout. For advanced training regimen, be sure to integrate this total body resistance training, as well as cardiovascular and flexibility sessions into your workout.

WEEK 1		MON	TUE	WED	THU	FRI	SAT	SUN
WEEK 1	1-20	1-20	1-20	1-20	1-20	1-20	1-20	1-20
WEEK 2	21-40	21-40	21-40	21-40	21-40	21-40	21-40	21-40
WEEK 3	41-60	41-60	41-60	41-60	41-60	41-60	41-60	41-60

WORKOUT A (ARMS - SHOULDERS)

Bicep Curl, Tricep Kickback, Upright Row, Bicep Curl, Tricep Kickback

WORKOUT B (CHEST - BACK)

Chest Press, Seated Row, Fly, Bar Fly, Upright Row

WORKOUT C (LEGS - CORE)

Squat, Calf Raise, Lunge, Toe Walks, Standing Core

[Download PDF version of :](#)
The Resistance Band Workout Book