

Sample Resistance Band Trainings

When training with bands, I like to take 3-5 exercises and do one after the other in a circuit type fashion. The transition between exercises when using the same band is easy and you'll get a good pump and raise your heart rate a little.

What reps you'll do is up to you, but I suggest anywhere from 8-20 reps works well. Here are some examples.

1A. Squat to row

1B. Single arm chest press

1C. Split stance pallof press

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1A. Assisted squats

1B. Single arm rows

1C. Single arm chest press

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1A. Pallof press

1B. Face pull

1C. Chest press

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1A. Assisted split squats

1B. Split stance row

1C. Split stance press

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1A. Front squats

1B. Shoulder presses

1C. Overhead triceps extensions

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1A. Front raises

1B. Reverse curls

1C. Pull a parts

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Using the exercises above here are some 5 exercise circuits you can do to keep in shape and don't require much time.

1A. Front Squats

1B. Alternating Chest Press

1C. Single Arm Row

1D. Overhead Triceps Extension

1E. Pallof Press

1A. Reverse Lunge

1B. Iso Chest Press

1C. Split Stance Row

1D. Reverse Curls

1E. Pull A Parts

