

## Band Together

Welcome! I call this one “Band Together” because that’s that’s pretty much all you need – bands! In this split we’ll utilize the old school surgical tubing bands as well as the heavy duty bands commonly used for assisted pullups. I recommend getting multiple resistance variations of both – the tubing style bands can be clipped into handles and you can use more than one tube at a time to finely tune how much resistance you’re working against. The heavier bands often come in 4 sizes (15-35lbs, 25-65lbs, 35-85lb, and 50-125lb are common ranges – the resistance varies based on how much the band is stretched) and having multiple options there will get you added flexibility. We’ll also use some bodyweight moves in here to shake things up. While it can be done at home and with minimal equipment, this split should be *tough*. A proper band setup can be had for around \$60-80 USD. I’ve employed a pull-up bar in some workouts here as well – if you don’t have one, look around – get creative and find a way to attach a band up high to something secure. As always, BE CAREFUL!

I *highly* recommend grabbing this training primer linked below. It’s free and provides a detailed, comprehensive outlook on how to approach your training – how to know if you’re doing things right, how to fix them, how to select appropriate weights, and how to kick up the intensity a notch or three.

<http://fivestarrphysique.com/wp-content/uploads/2017/09/FSP-training-primer.pdf>

Below you’ll find details on the tempos and rest periods you’ll find throughout the workouts. The tempos are particularly crucial – when an exercise calls for a 4-second negative, hold to that – don’t cheat the time, and expect to move less weight than you would under a normal tempo.

Approach the workouts in the order present and take a rest day when it’s necessary. Ideally, aim for 5-6 lifting sessions per week and avoid doubling up hitting two sessions on the same day. Perform the abdominal and calf workouts as accessory sessions – tack them on to the end of a primary workout, rather than giving them their own day. And above all – ENJOY!

\* Key for tempo: concentric/squeeze/negative/pause

Examples: □ 1/1/3/1 = steady 1 second pacing on all phases with a 3 second negative □ 2/2/1/0 = extended concentric and isometric squeeze with standard negative and no pause between reps

All tempos are 1/1/1/1 unless specifically indicated otherwise

ELASTIC BACK								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Seated banded row	6-10	1/2/1/0	:45				
	4 sets							
	Banded pulldown	6-10	1/2/1/0	:45				
	4 sets							
	Standing band rows	10 ea		:45				
	4 sets							
	1-Arm Band Row	12	1/2/1/0	:45				
	4 sets							
	Bonus: pullups (assisted if necessary)	12		:45				
	4 sets							

**Notes:**

- As always, find something secure to wrap the band around!

LEGS #1								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	<b>Single leg bridge</b>	<b>12/ea</b>		<b>:45</b>				
	<b>4 sets</b>							
	<b>Walking stretch lunges</b>	<b>15/ea</b>	<b>1/1/1/2</b>	<b>:45</b>				
	<b>4 sets</b>							
	<b>Banded squats</b>	<b>15</b>	<b>3/0/1/0</b>	<b>:45</b>				
	<b>4 sets</b>							
	<b>Banded prone hamstring curl</b>	<b>15-20</b>		<b>:45</b>				
	<b>4 sets</b>							
	<b>Banded hickback extensions</b>	<b>10/ea</b>		<b>:45</b>				
	<b>4 sets</b>							

**Notes:**

- Walking lunges – really sink and feel the stretch on that 2 second pause on each step
- Banded squats: note the 3 second concentric phase here – we’re going slower as the band provides more tension the taller you get. Yes, it’s mean. I’m not sorry!
- Banded prone curl – 2 big variables here: which band you use, and how far away from your anchor point you position yourself. Play around for a minute to get both just right.

STRETCHY SHOULDERS								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	<b>Seated band press</b>	<b>10-15</b>	<b>1/0/3/0</b>	<b>1:00</b>				
	<b>4 sets</b>							
	<b>Banded lateral raise</b>	<b>12</b>		<b>:45</b>				
	<b>4 sets</b>							
	<b>Pull aparts</b>	<b>15-20</b>		<b>:30</b>				
	<b>4 sets</b>							
<b>Superset</b>	<b>Banded front raise</b>	<b>15</b>		<b>:45</b>				
	<b>Super iso-lateral raise</b>	<b>10/ea</b>						
	<b>3 sets</b>							

**Notes:**

- These will all use a light band aside from the seated press

AMPLIFIED ARMS								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Band curls	12-15		:45				
	4 sets							
	Band pressdowns	15		:45				
	4 sets							
	Band hero curl	10-15	1/2/1/0	:45				
	4 sets							
	Standing close grip band press	10-15		:45				
	4 sets							
	Elbows up banded high curl	10-12						
	3 sets							
	Reverse grip band pressdown	12-15						
	Overhead tricep band extension	12-15						
	3 sets							

**Notes:**

- All pressdowns and the 'elbows up' curl will require a high band anchor

LEGS #2								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Single leg bridge	10/ea		:45				
	4 sets							
	Banded RDL	15-20	1/3/1/0	:45				
	4 sets							
	Step-up	10-12		:45				
	4 sets							
	Seated banded leg extensions	15	1/2/1/0	:45				
	3 sets							
	Pistol squat	12/ea		:45				
	4 sets							

**Notes:**

- Yes we're doing the single leg bridge again – I like it, sue me!
- Step-up – some band resistance (tucked under the working foot) can make this a lot tougher
- Pistol squat: add some band ASSISTANCE if needed if it's too difficult to pull off unassisted

CHEST								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Iso pec squeeze	15	1/1/1/3	0:30				
	4 sets							
	Standing banded fly	15 ea		:45				
	4 sets							
	Standing banded press	20	1/0/1/0	1:00				
	4 sets							
	Banded push-up	10		:15				
	4 sets							
	Banded rotational fly	10 ea		:15				
	4 sets							

**Notes:**

- Iso pec squeeze – put enough effort/force/squeeze into this to make it feel like the entire workout – go **HARD**.
- For the flys and press, pass the band behind a vertical post or similar so you can better control the resistance provided
- Banded push-up, just wrap the band behind your back and grab it in both hands for added resistance (if needed)

ABS! (2x per week)								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Reverse Crunch	15		:30				
	4 sets							
	Hip Dip Planks	20		:30				
	3 sets							

CALVES! (2x per week)								
					Weights			
	Exercise Name	Reps	Tempo*	Rest**	Week 1	Week 2	Week 3	Week 4
	Banded Calf Raise (single leg)	20/ea		:30				
	4 sets							
	Body Weight Calf Raise (both together)	100						
	1 set							

**Notes:**

- Body Weight Calf Raise – go right into this when you finish your last set of banded calf raise.