



# Band Training

## Circuit Training Workout (Day 1): RED

**Week 1: 2 sets - 40 seconds on : 10 seconds off**

**Week 2: 3 sets - 40 seconds on : 15 seconds off**

**Week 3: 3½ sets - 40 seconds on : 10 seconds off**

**Week 4: 4 sets - 45 seconds on : 20 seconds off**

- i. Speed Squats – Band under both feet, handles at the shoulders
- ii. Jumping Jack & Military Press – Band under both feet as you jack, press overhead
- iii. Stationary Lunge – Band under the front foot, handles at the shoulders – both sides
- iv. Band Pull Aparts – Hands run through the handle, arms in front, keep them straight  
while pulling apart, band will touch chest, control back.
- v. Side Lunge – Band under side lunge foot, handles at the shoulders
- vi. Push Ups – Band runs across your back and under your hands
- vii. Cycled Split Squat Jumps – No Band
- viii. Mountain Climbers – No Band
- ix. Calf Raises – Band under the toes, handles at the shoulders
- x. Standing Row – Tube attached heavy object, vary wide, narrow, palms up grip.
- xi. Band Rotation – Standing rotations with band attached to heavy object
- xii. Core
  - a. Chop Series – Band attached high, hold in middle : 3sets of 10 reps
    - a. Diagonal Up, Diagonal Down, Under, Overhead
  - b. Plank Series – No Band : 50 sec hold each (Reg, 1 Leg L & R, 1 Arm L & R)



# Salisbury

STRENGTH & CONDITIONING

## Band Training

### Strength Workout (Day 2): Black

<b>Week 1:</b>	<b>4 sets</b>	<b>x</b>	<b>7 repetitions (Heavy)</b>	<b>w/</b>	<b>1:30 rest</b>
<b>Week 2:</b>	<b>4 sets</b>	<b>x</b>	<b>6 repetitions (Heavy)</b>		<b>1:30 rest</b>
<b>Week 3:</b>	<b>4 sets</b>	<b>x</b>	<b>5 repetitions (Heavy)</b>		<b>1:30 rest</b>
<b>Week 4:</b>	<b>4 sets</b>	<b>x</b>	<b>7 repetitions</b>		<b>1:30 rest</b>

- i. Squat – Same as previous workout
- ii. Rear Lunge – Tube under front foot
- iii. Step Up & Press – Using a chair or bench, run tube underneath chair. Step up, drive knee & press overhead.
- iv. High to Low – Attach band to heavy object
- v. Low to High – Attach band to heavy object
- vi. Push- Up Series – Same as previous workout
  - a. Normal
  - b. Wide
- vii. Row Series – Same as previous workout but seated
  - a. Normal
  - b. Wide
- viii. Push Pull Combo – Bands attached opposite one another at chest height to heavy object
  - a. 2 sets : Black Push, Blue Pull
  - b. 2 sets : Blue Push, Black Pull
- ix. Core: Bridge Series w/ band



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STRENGTH & CONDITIONING

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### High Velocity Power Workout (Day 3): Blue

**Week 1: 6 sets x 8 repetitions 45sec rest**  
**Week 2: 6 sets x 9 repetitions 45sec rest**  
**Week 3: 6 sets x 10 repetitions 45sec rest**  
**Week 4: 6 sets x 11 repetitions 45sec rest**

- i. Squat Jump With Any Weight
- ii. Lunge & Angle Press Forward – Tube behind you attached to heavy object
- iii. Lawn Mower Row – Tube attached to heavy object in front of you
- iv. Low to High Overhead – Attach band to heavy object in front and drive hands overhead
- v. Plyo Push-Up – Same setup as previous workout but push body off the ground
- vi. Push Pull Combo Low & High Angled – Same as previous but angled bands
  - a. 3 sets : Black Push, Blue Pull
  - b. 3 sets : Blue Push, Black Pull
- vii. Core
  - a. Chop Series – Same as Workout 1
  - b. Prone Series – 50 sec holds
    - i. Superman, Alternating Superman, Prone Cobra, Prone Cobra w/ Rotation