

Horizontal Upper Body

A progressive approach should be used when using bands as resistance. Bands provide a greater eccentric stimulus to the muscles which could increase the likelihood of delayed onset muscle soreness (DOMS). This eccentric action can be exploited to make all exercises more productive. Simply use a 4 count when the band is shrinking (lowering) back to start length and use a 2 count for the stretching phase (up).

The goal is to keep constant tension on the muscles and joints throughout the range of motion. A good progression could be as follows:

Week 1- 3 sets x 8 reps Two Arm Press with light band

Week 2- 3 sets x 9-10 reps Two Arm Press with light band

Week 3- 3 sets x 11-12 reps Two Arm Press with light band

At the end of the third week either switch exercises and repeat the 3 week wave or add a set to the same exercise and follow the above repetition pattern. Just be sure to manipulate one or more variables such as band tension (resistance) or sets or reps. One must be careful to not do the same thing each workout as the law of accommodation will set in and no progress will be able to be made. Also, switching movements keeps the workouts from becoming boring and helps to keep the mind fresh. An additional consideration is every now and then attempt to set a repetition record on the last set for as many as possible and then challenge yourself to break that record in the future.

Horizontal Press 3-5 sets of 8-12 reps

Choose one of the following

Two Arm Press (band around back)
or 90 degrees)

Two Arm Press (band around rack, elbows 0
One Arm Press (band choked, elbows 0 or 90)

Horizontal Row-3-5 sets of 10-15 reps

Choose one of the following

Two Arm Band Row (looped elbow 0 or 90 degrees)
elbow 0 or 90 degrees)

One Arm Band Row (choked,

Upper Back 2-3 sets of 12-15 reps

Choose one of the following

Band Pull-A-Part

Face Pulls

Bent Over Rear Delt Raise (one or two arm)

Abdominals 3-4 sets of 8-15 reps

Choose one of the following

Stand Abs

Band Side Bends

Side Twist

Static Walkouts