

High Rep Resistance Band Workout

6 days in this order . . . Back - Triceps - Chest - Biceps - Lower Body - Shoulders

First exercise: Rest 2-3 minutes between sets

40 reps with lightest tension or no band

30 reps a little more tension

20 reps a little more tension

10 reps heaviest tension

The reps should be difficult when you get toward the end of each set. This will take a workout or 2 to get a feel for which tension and where to place your hands on the resistance band. It's okay. Take notes so you remember what you did on your last workout.

#tip Keep good form. Do each exercise at mid tempo. Control the movements on the positive as well as the negative.

Repeat above with each exercise for the day. So, 3 different exercises for each muscle group. This equals 100 reps each exercise (total of 300). You will be super sore, but as your body adjusts it will get better.

Why am I doing this? I'm glad you asked. This is a great way to build mitochondria in your muscle. This will get you stronger, increase stamina, and speed up your metabolism. Drink extra water!

The cool thing about resistance bands! You can easily increase or decrease the tension with hand or feet placement. They also challenge the muscle a little differently (than dumbbells) because the tension/difficulty changes as you move them.

You will get stronger as you go. Consistency is key. You will be amazed and excited when the lighter resistance bands are too easy! #slowlysteadilysurely.

