



BUILT WITH SCIENCE™

BEGINNER PHASE 2

MALE

BUILT WITH SCIENCE

HOME  
RESISTANCE BAND WORKOUT

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# WORKOUT ROUTINE OVERVIEW

This full body resistance band workout routine is designed to be performed 3 times a week to train all of your muscles in a proportionate manner. See below for an example schedule:

Day	Workout
Monday	Upper 1
Tuesday	Lower 1
Wednesday	Rest
Thursday	Upper 2
Friday	Lower 2
Saturday & Sunday	Rest

The exact days don't matter, but the key is to get at least one rest day in between the "upper/ lower 1" and "upper/lower 2" workouts (or between every 2-3 consecutive workouts). This ensures that you're fully rested and recovered before starting your next set of workouts.

Feel free to mix and match with other exercises from your main BWS program, as well as the dumbbell and bodyweight programs you've been provided in order to best suit your needs and your equipment availability. Please ensure that you always do your standard warm-up routine before performing this workout, which you can find in your main BWS program.

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## UPPER BODY 1 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Decline Close Grip Banded Push-Ups	4	8-15	2	Wrap band around hands and back, use diamond or narrow grip, perform push-up with feet elevated.
Bent Over Resistance Band Row	3	8-15	2	Step on band, bend over at hips, slightly bend knees, row by pulling bands.
Resistance Band Lateral Raises	3	8-15	1.5-2	Step on band, bent over at hips slightly, raise arms out to sides.
Single Arm Banded Lat Pulldowns*	3	8-15	2	Tie knot at end of band, throw over top of door, close door, perform single arm lat pulldown on knees.
Banded Tricep Overhead Extensions	3	12-15	1.5-2	Stand on band, grab one end/handle from behind you, perform tricep extension overhead.

\*If you have access to a pull-up bar, perform pull-ups instead.

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 1: Decline Close Grip Banded Push Ups

**Step 1:** Grab the resistance band at both ends and place it around your back so that the band lines up across the back of your shoulders. Get into a normal push-up position then place your feet on an elevated platform such as a chair or bed. Pull your hands into a diamond or narrow grip ensuring your body is in a straight line.

**Step 2:** Engage your core and descend until your chest nearly touches the floor, maintaining a straight body, ensuring you are not shrugging your shoulders.

**Step 3:** Push through the floor as if you were trying to push it away from you and return to the starting position. Ensure you are not flaring your elbows out at any point during the movement, instead keep them tucked in.

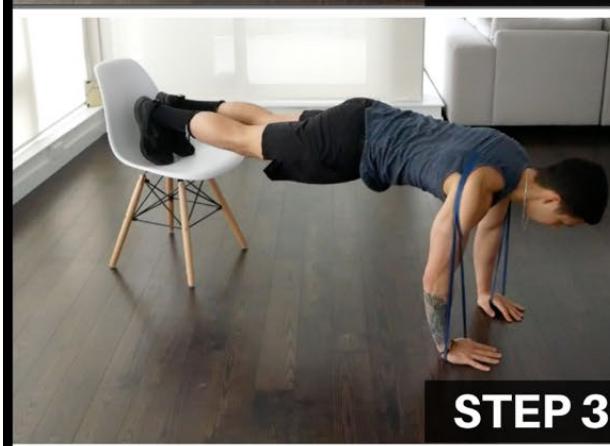
**Regression:** This can be modified as well by performing this exact setup but on your knees rather than on your feet by elevating your knees onto cushions. I'd also suggest starting without the band and then progressing your way up.



**STEP 1**



**STEP 2**



**STEP 3**



**REGRESSION**

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

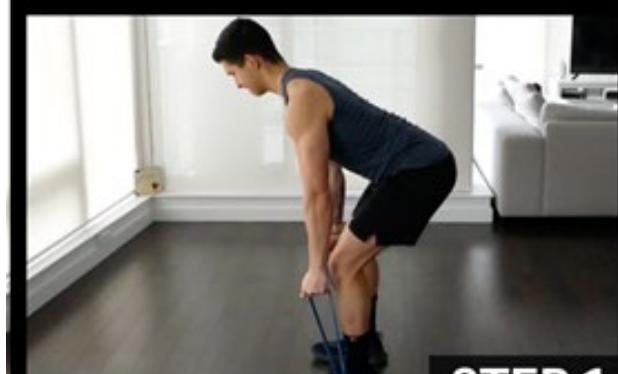
## EXERCISE 2: Bent Over Resistance Band Row

**Step 1:** Step on the middle of the band and grab it from both sides. If you have a loop/closed band, ensure you are stepping on it double banded. Hinge forward at your hips and slightly bend your knees.

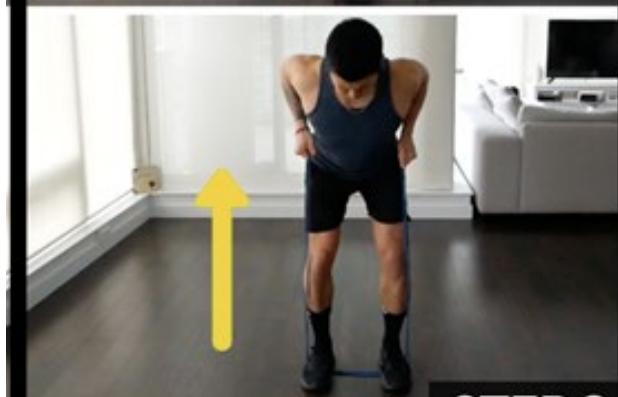
**Step 2:** Begin your row by pulling with your lats, imagining there is a pencil between your shoulders that you have to squeeze.

**Step 3:** Keep your elbows tight to your body and ensure you are not shrugging your shoulders. Slowly return back to the starting position. To make the movement more difficult overtime, you can grab the band closer to provide more resistance.

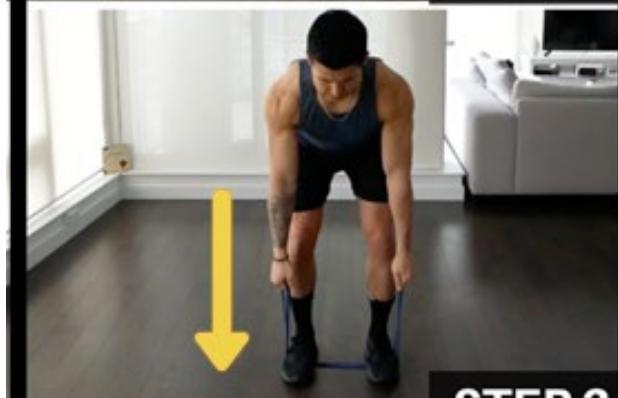
**Progression:** Step on the band with one foot and move your other leg back behind you almost in a lunge position. Grab the band with one arm, slightly hinge at your hips and perform a single arm row. Pull with the opposite arm as your front leg.



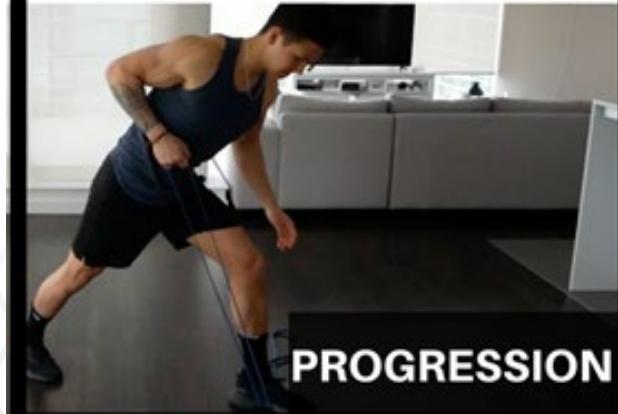
STEP 1



STEP 2



STEP 3



PROGRESSION

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 3: Resistance Band Lateral Raises

**Step 1:** Step on the middle of the band and grab it from both sides. If you have a loop/closed band, ensure you are stepping on it single banded. Slightly hinge forward at your hips.

**Step 2:** While maintaining the grip of your resistance band, raise both arms out to the side, keeping a slight bend in your elbows as you raise them to just below or in line with your shoulders.

**Step 3:** Ensuring you are not shrugging your shoulders to your ears at the top of the movement, slowly return your arms back down to the starting position and repeat.

**Progression:** Put the band under one foot or both, depending on the resistance you need and with one hand, grab the resistance band. Slightly hinge forward at your hips and perform the lateral raise with a single arm.



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

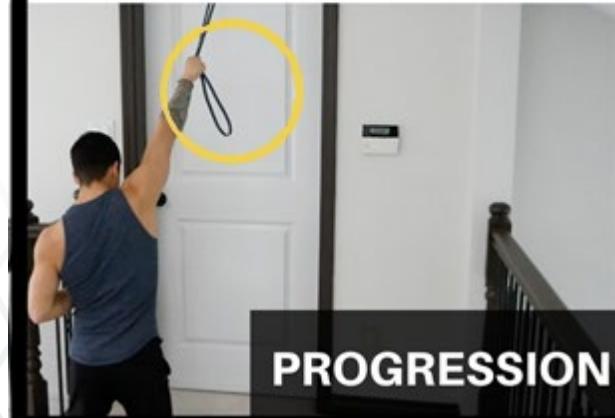
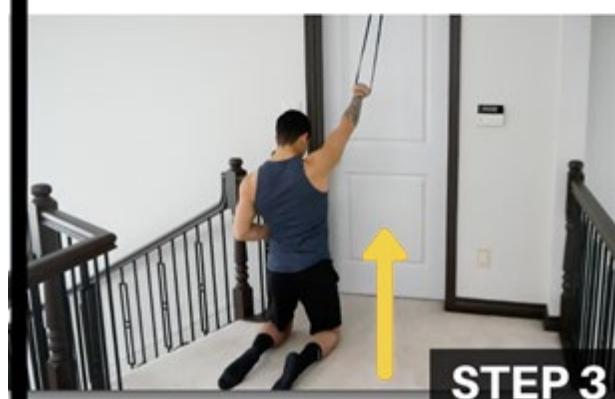
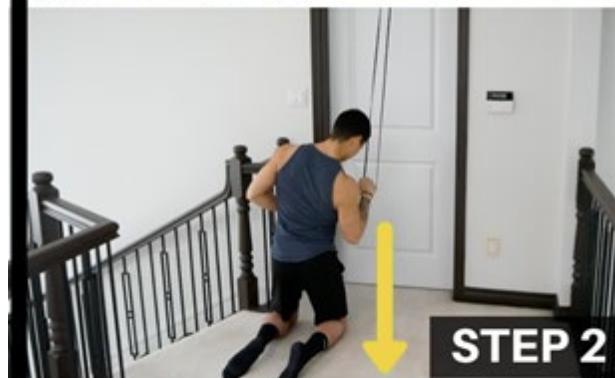
## EXERCISE 4: Single Arm Banded Lat Pull Down

**Step 1:** Tie a knot at the end of the band, throw it over the top of a door and close it. Get down onto both knees and grab the band with a one-handed neutral grip. Ensure your body is in a neutral position and your arm is fully extended above your head.

**Step 2:** Next, by using your lats, pull your elbows back down to your sides while simultaneously bending your torso towards that side to better engage the lats.

**Step 3:** Slowly return your arm back to the starting position with your arm almost fully extended before repeating for another rep. Finish your reps on one arm before moving your body over to the other side and repeating your reps with the other arm.

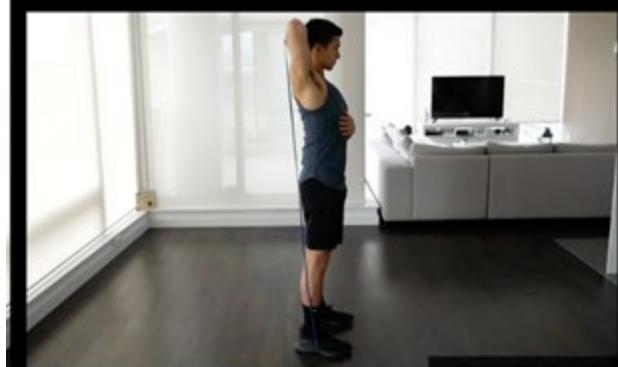
**Progression:** To progress this movement you can grab closer up on the band to create more resistance.



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

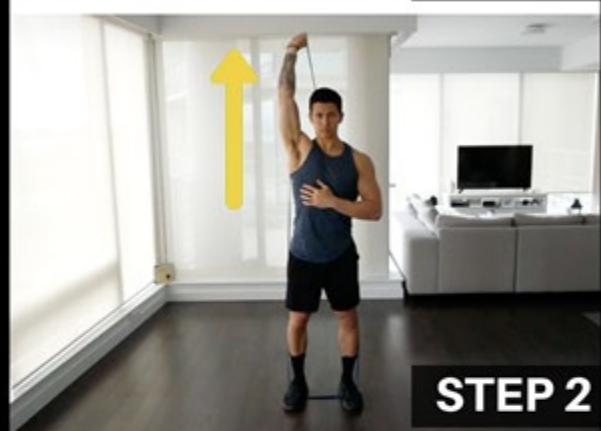
## EXERCISE 5: Banded Tricep Overhead Extensions

**Step 1:** Stand on the middle of the band. If you have a loop/closed band, ensure you are stepping on it single banded. Grab the band from one end and pull it up and over behind your head keeping your elbow bent behind your head.



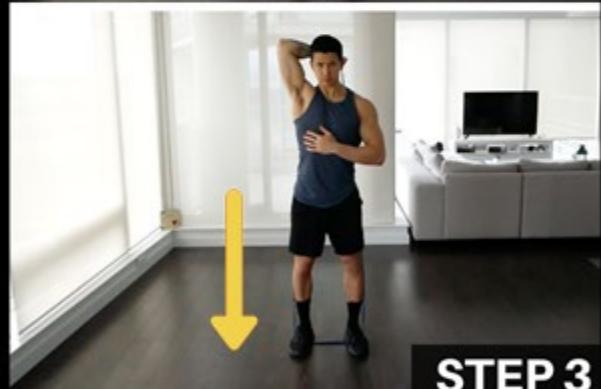
STEP 1

**Step 2:** Using your triceps, extend your arm up over your head. Keep your elbows locked in position, and as close to your head as possible. Ensure that your core is tight and that you are not arching your lower back as you press up.



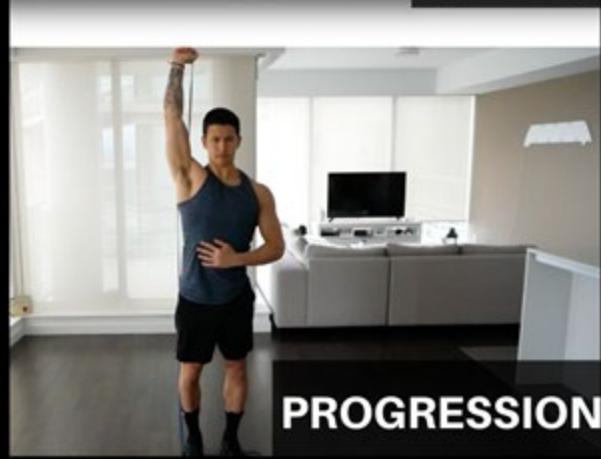
STEP 2

**Step 3:** Keeping your elbows locked, slowly bend your elbows back into the starting position, feeling a stretch through your triceps, and then repeat for more reps.



STEP 3

**Progression:** Progress this exercise by placing the band on the ground and stepping on it as a double band and repeating the same set up. You can step on more of the band to increase the resistance as well.



PROGRESSION

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## LOWER BODY 1 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Resistance Band Paused Squat	4	8-15	2-3	Step on band, loop band around neck, squat with the added resistance, pause at bottom of each rep for 2-3 seconds.
Resistance Band Bulgarian Split Squat	4	8-15	~45-60s rest between each leg	Place band under front foot, grab band in each hand, elevate back foot on chair or bench, bend back knee towards floor and push up against resistance.
Resistance Band Hamstring Curls*	4	8-15	~45s rest between each leg	Tie knot at end of band, loop through space at bottom of door, tie knot around ankle, lay on stomach, place band around feet, curl heel towards butt.
Single Leg Weighted Calf Raise	4	8-15	1-1.5	Stand on elevated platform, hold weighted backpack/object in one hand and other hand on a fixture for support.

\*if fixture is unavailable to safely set up exercise, perform sliding hamstring curls (refer to bodyweight workout)

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 1: Resistance Band Paused Squat

**Step 1:** Step on the middle of the band and slide your feet across it so that your feet are about shoulder width apart. Step on a single band and pull the other side of the band up and over your head resting it on your shoulders.

**Step 2:** Engage your core, push your glutes back while bending your knees to begin the descent, ensuring your feet are planted on the ground. Squat until you are just at or below parallel to the ground and hold this position for 2-3 seconds.

**Step 3:** Maintaining a strong core and a neutral back, drive back up using your quads and glutes and return to starting position.



STEP 1



STEP 2



STEP 3

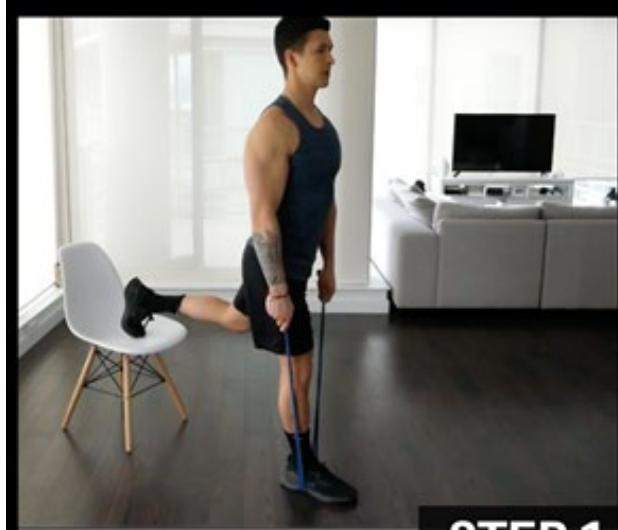
# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 2: Resistance Band Bulgarian Split Squat

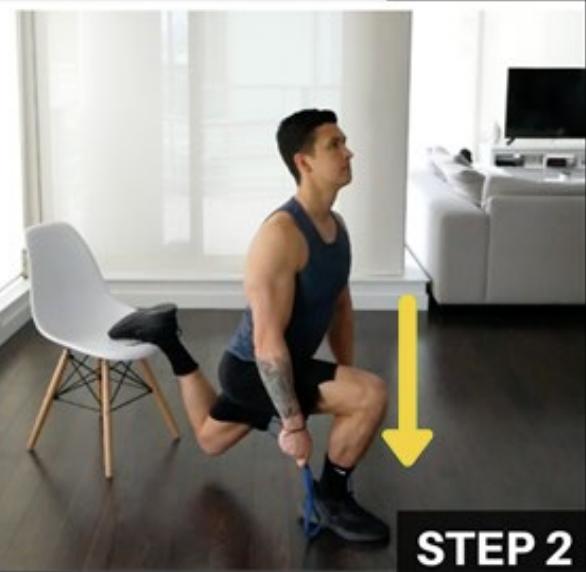
**Step 1 (Setup):** Step on the resistance band with one foot and grab each side of the resistance band. If you have a loop/closed band, step over it double banded for more resistance, and single banded for less resistance. Elevate your back foot onto a chair, which can be positioned either up on its toes or with the top of the foot resting on the chair, whichever is most comfortable for you.

**Step 2 (Descent):** Engage your core, and then descend by bending your front leg and lowering your back knee towards the ground. Your torso should slightly bend over forwards as you descend.

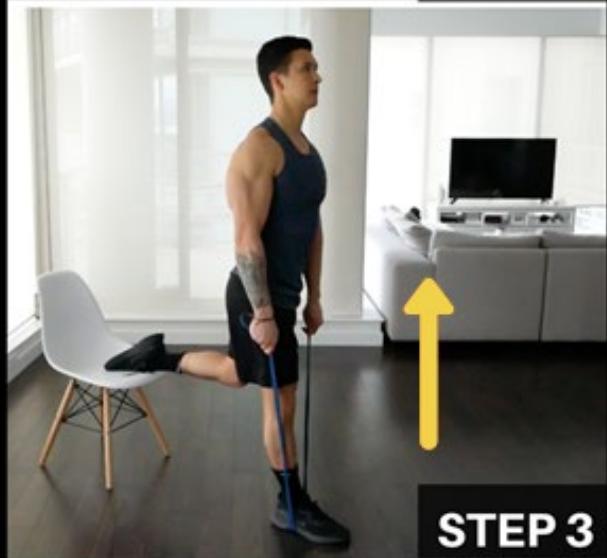
**Step 3 (Ascent):** Push back up to the starting position by using your quads and glutes from the front leg while keeping your arms straight by your sides holding the band, and then repeat for more reps. And as with many of the other banded exercises, you can progress the movement by grabbing closer to the band during the setup.



STEP 1



STEP 2



STEP 3

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

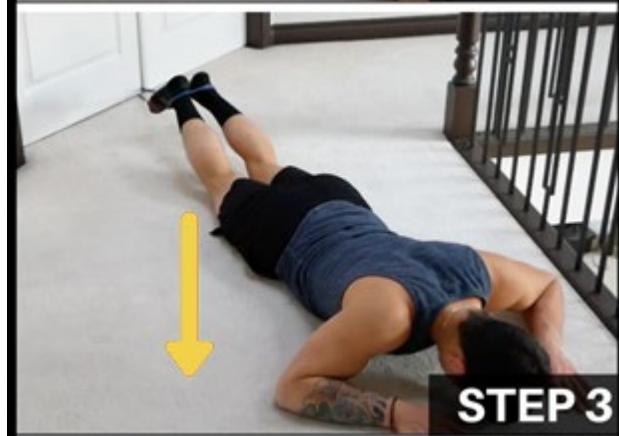
## EXERCISE 3: Resistance Band Hamstring Curls

**Step 1:** Tie a knot at the end of the band and loop it through the space at the bottom of a door. Wrap the band around your ankles and make sure it is secure. Lay flat on your stomach and slide yourself away from the door to create tension in the resistance band.

**Step 2:** From a straight leg position, curl both legs all the way up, so that your heels almost reach your glutes. Ensure that you are pulling with your hamstrings and not excessively arching your back to pull the band.

**Step 3:** Slowly resist the band as you straighten your legs back to the starting position.

**Progression:** In order to progress this exercise simply set up the exact same way, rather only wrap the band around a single leg, and perform single leg hamstring curls.



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 4: Single Leg Weighted Calf Raises

**Step 1 (Setup):** Place the front half of your foot on an elevated platform such as stairs or stacked books. Hold a weighted bag or object in one hand and place your other hand on a fixture or structure for support, such as a wall.

**Step 2:** Drop your heel down creating a stretch through your calf. Allow the weighted object or bag to pull you down to create resistance.

**Step 3:** Push up through your calf all the way onto the ball of your foot as if you were standing on your toes and squeeze at the top. Repeat movement.



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## UPPER BODY 2 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Banded Close Grip Push-ups	4	8-15	2	Wrap band around hands and back, use diamond or narrow grip, perform push-up.
Kneeling One Arm Banded Row*	3	8-15	2	Tie Knot at end of band, loop band through side of door hinge gap, grab band with one arm, get into kneeling position, row with elbows tucked close to body.
Standing Banded Shoulder Press	3	8-15	~ 45 sec between arms	Step on band, hold ends in each hand, press overhead.
<b>SUPERSET:</b> Banded Face Pulls	3	8-15	-	Perform the facepulls first, rest for ~30 seconds, then perform the dip push-ups, then rest for another ~30 seconds, then start again with the facepulls and repeat for 3 total sets each.
Banded Dip Push Ups				
Standing Resistance Band Curls	3	8-15	1.5-2	Stand on band, grab each end, curl band towards you. Curl with only one hand if needed for more resistance.

\* Alternative = loop band around fixture and perform row standing/seated

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 1: Banded Close Grip Push-Ups

**Step 1:** Grab the resistance band at both ends and place it around your back so that the band lines up across the back of your shoulders. Get into a normal push-up position and pull your hands into a diamond or narrow grip ensuring your body is in a straight line.

**Step 2:** Descend until your chest nearly touches the floor, maintaining a straight body, ensuring you are not shrugging your shoulders.

**Step 3:** Push through the floor as if you were trying to push it away from you and return to the starting position. Ensure you are not flaring your elbows out at any point during the movement, instead keep them tucked in.

**Regression:** This can be made easier by performing this exact setup but on your knees rather than your feet. You may also perform this exercise without a resistance band and progress your way up



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

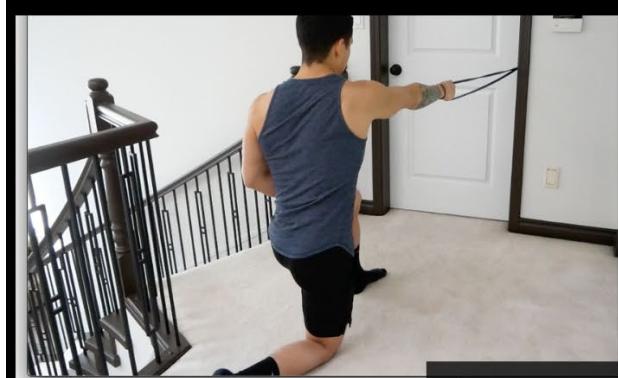
## EXERCISE 2: Kneeling One Arm Banded Row

**Step 1:** Loop the resistance band through the side of the door hinge gap and close the door. Grab the band with one arm and get into a half knee position.

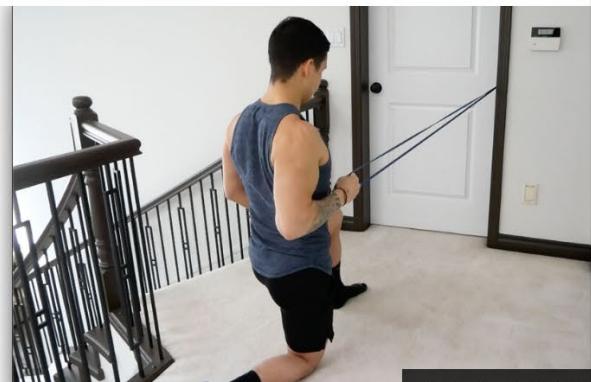
**Step 2:** Roll your shoulders back and down to depress shoulder blades and perform rowing movement by pulling the bands using your lats. Ensure your elbows are tucked tight into your side during each rep.

**Step 3:** Slowly return your arms back into the starting position allowing the band to stretch out your lats. Repeat movement.

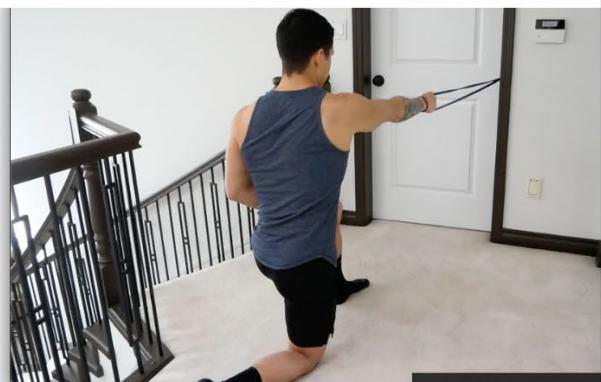
**Progression:** To progress this movement Grab closer on the band to create more tension. If you have a stable fixture other than a door frame, you may also perform the row standing or seated.



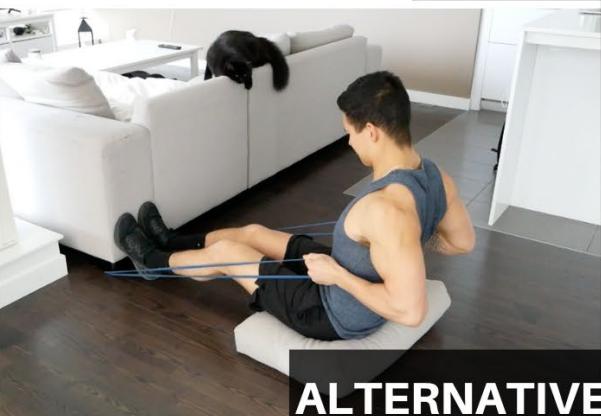
STEP 1



STEP 2



STEP 3



ALTERNATIVE

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 3: Standing Banded Shoulder Press

**Step 1:** Step on band with your feet shoulder width apart. If you have a loop/closed band, ensure you are stepping on it single banded. Hold ends in each hand and pull the band up in front of you to about chin height. Tuck your elbows forward slightly so that they aren't flared out to your sides.

**Step 2:** Contract your abs and squeeze your glutes, and then press the band up and over your head. Avoid moving the band forward or backwards, instead press the band straight up and down by moving your head back slightly each rep to enable you to do so as you press.

**Step 3:** Ensure you are not arching your lower back by maintaining a strong core. Bring the band back down into the starting position and repeat.

**Progression:** Progress this movement by performing it as a single arm banded shoulder press. Set up the exact same way, except use one arm to push the band up.



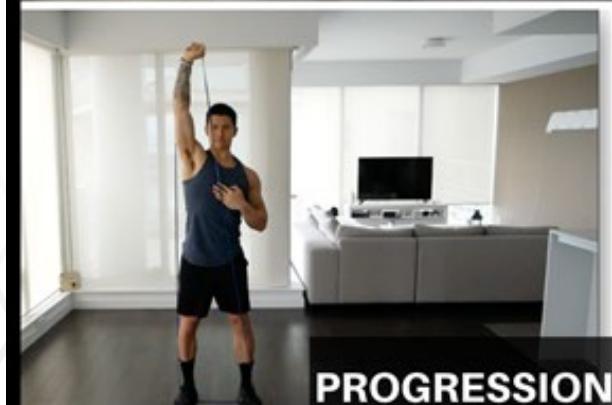
**STEP 1**



**STEP 2**



**STEP 3**



**PROGRESSION**

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

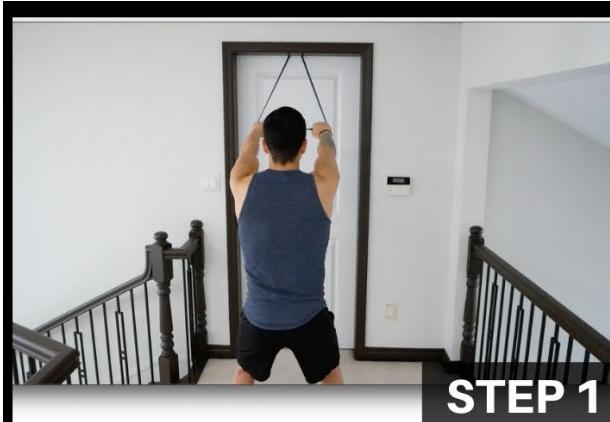
## EXERCISE 4 (SUPERSET): Banded Face Pulls

**Step 1:** Tie a knot at the end of the band, throw it over the top of a door and close it. Grab each end of the band, and roll your shoulders back and down, depressing your shoulder blades away from your ears.

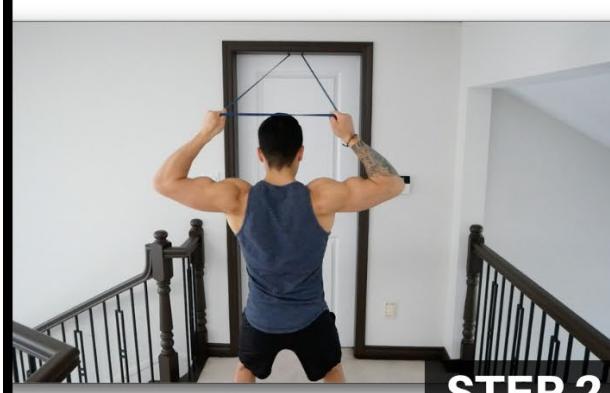
**Step 2:** Ensuring that you are not shrugging your shoulders up towards your ear, pull the band back towards your forehead, creating almost a 90-degree angle or “W” shape with your arms.

**Step 3:** Slowly return back to the starting position and repeat the movement, always creating this “W” shape.

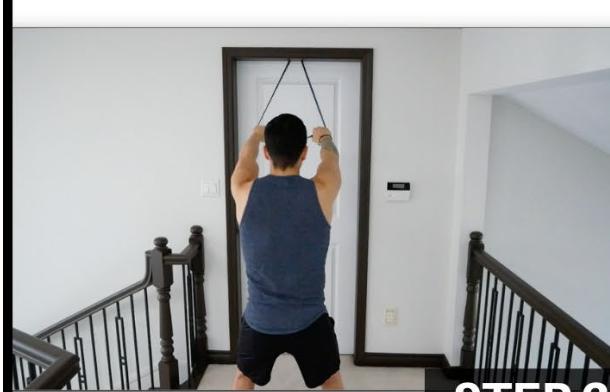
**Alternative:** Stand on the middle of the band and grip each side of the band with both hands. Bend over hinging at your hips. Pull the band towards your forehead creating a “W” shape with your arms. Reverse the movement and slowly extend your arms to starting position



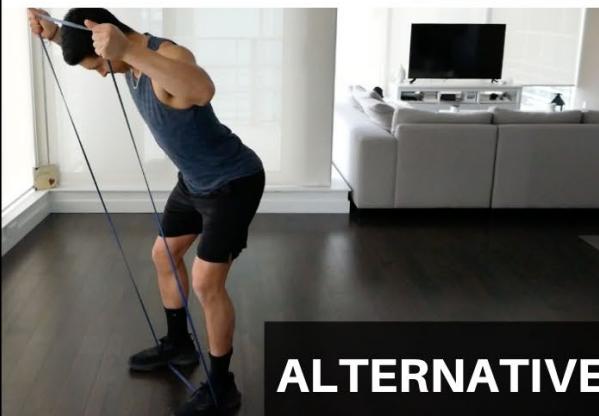
STEP 1



STEP 2



STEP 3



ALTERNATIVE

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 4 (SUPERSET): Banded Dip Push-Ups

**Step 1:** Place your hands on the floor and lay your legs straight out behind you, feet facing downwards on the floor.

**Step 2:** Push arms downward and raise your upper body until arms are straight. Allow your lower body to slide up with you as you push up.

**Step 3:** Descend back down into the starting position, again allowing for your lower body to slide along the floor.

**Progression:** This exercise can be progressed by using a resistance band by grabbing it with both hands and placing it around your neck. You may also create an elevation by placing an even amount of books under your hands, or by using 2 chairs.



STEP 1



STEP 2



STEP 3



PROGRESSION



PROGRESSION

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

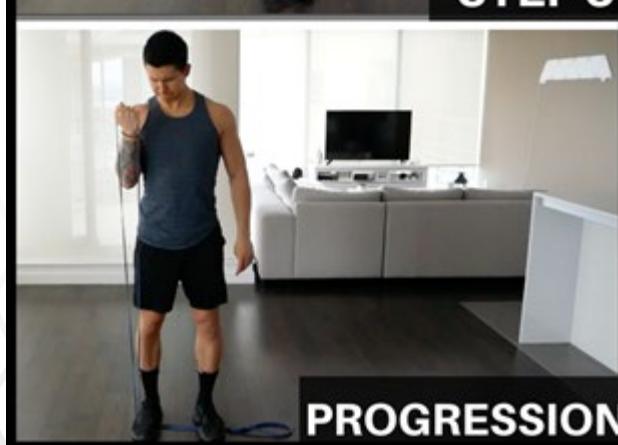
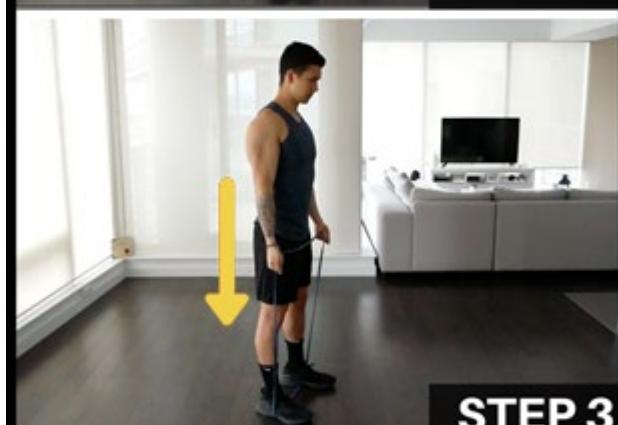
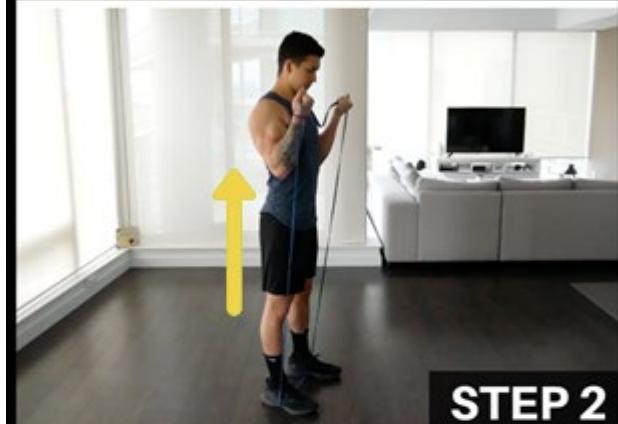
## EXERCISE 5: Standing Resistance Band Bicep Curls

**Step 1:** Stand on the middle of the resistance band and grab it with both hands so that your hands are in a supinated or underhand grip. Keep your arms straight and close into the side of your body. If you have a loop/closed band, ensure you are stepping on it single banded.

**Step 2:** Drop your shoulders down away from your ears and curl the band using your biceps maintaining that underhand grip on the band. Don't allow for your elbows to flare out or move forward excessively as you perform the curl.

**Step 3:** Return to the starting position allowing the band to create tension on the eccentric movement downwards. Repeat movement.

**Progression:** To progress this exercise step on the double band and do a single arm bicep curl. You can also slide your feet further up to increase tension



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## LOWER BODY 2 WORKOUT:

Exercise	Sets	Reps	Rest (min)	Notes
Resistance Band Deadlift	3	8-15	2-3	Step on band, hold ends in each hand, perform conventional deadlift.
Resistance Band Paused Squat	3	8-15	2-3	Step on band, loop band around neck, squat with the added resistance, pause at bottom of each rep for 2-3 seconds.
Resistance Band Stationary Split Squat	3 each leg	8-15 each leg	1 min between legs	Step on band with front leg, hold ends of band in each hand, bend back knee towards ground then push up with front leg. Perform a set on one leg, rest for 1 minute, then perform the next set with the other leg.
Seated Bodyweight Calf Raises	4	8-15	1-1.5	Hold onto fixture for support, squat down, perform calf raise using bodyweight. Add weighted bag for additional resistance.

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

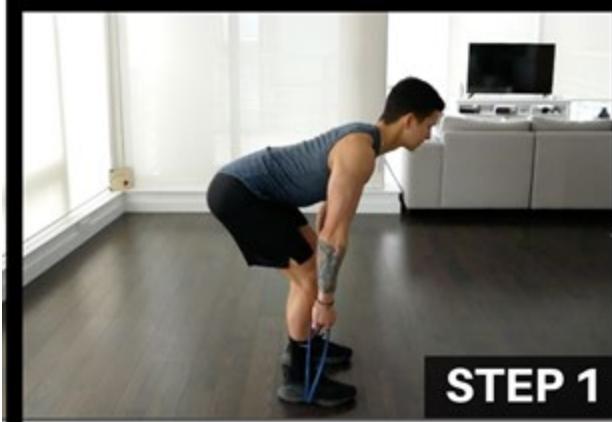
## EXERCISE 1: Resistance Band Deadlift

**Step 1:** Step on the middle of the band with both feet and slide your feet across it so that your feet are just inside shoulder width. If you have a loop/closed band, ensure you are stepping on it double banded. Bend down to grab both sides of the band by pushing your hips back and slightly bending your knees. Engage your core and ensure your back is straight at this bottom position.

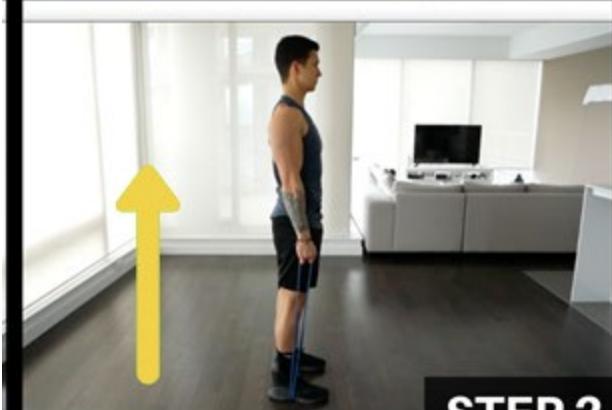
**Step 2:** While maintaining a neutral back and a slight bend in your knees, drive your feet into the floor, to push your hips forward and extending through the legs in one fluid motion.

**Step 3:** Return back to starting position by driving your hips back and creating that slight bend in your knees.

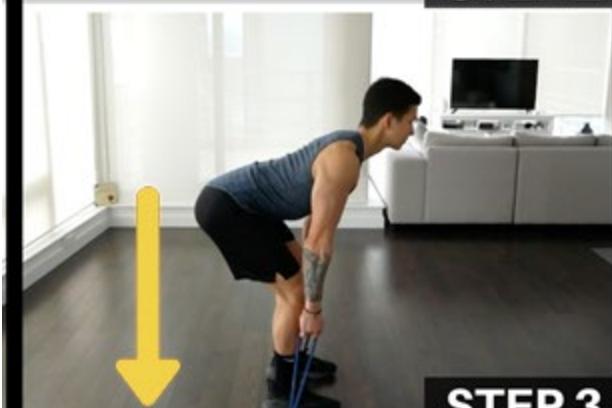
**Progression:** In order to progress this exercise, simply grab closer down on the band to create more resistance.



STEP 1



STEP 2



STEP 3



PROGRESSION

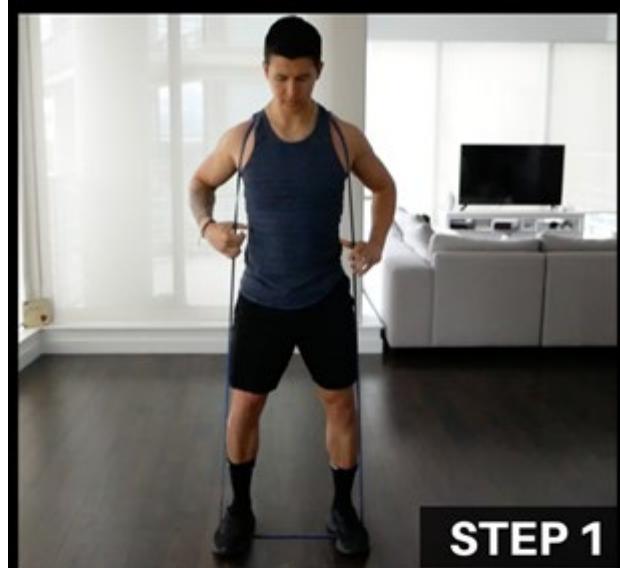
# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 2: Resistance Band Paused Squat

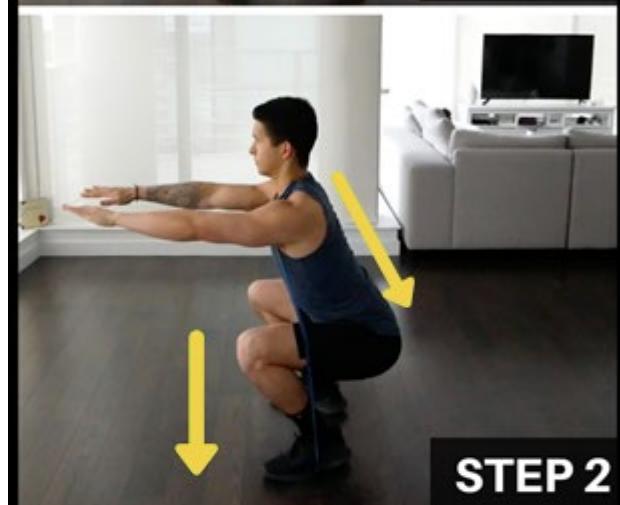
**Step 1:** Step on the middle of the band and slide your feet across it so that your feet are about shoulder width apart. Step on a single band and pull the other side of the band up and over your head resting it on your shoulders.

**Step 2:** Engage your core, push your glutes back while bending your knees to begin the descent, ensuring your feet are planted on the ground. Squat until you are just at or below parallel to the ground and hold this position for 2-3 seconds.

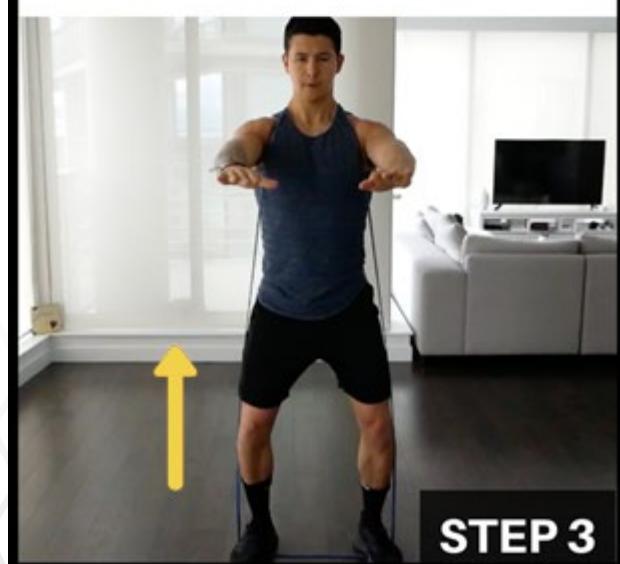
**Step 3:** Maintaining a strong core and a neutral back, drive back up using your quads and glutes and return to starting position.



STEP 1



STEP 2



STEP 3

# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

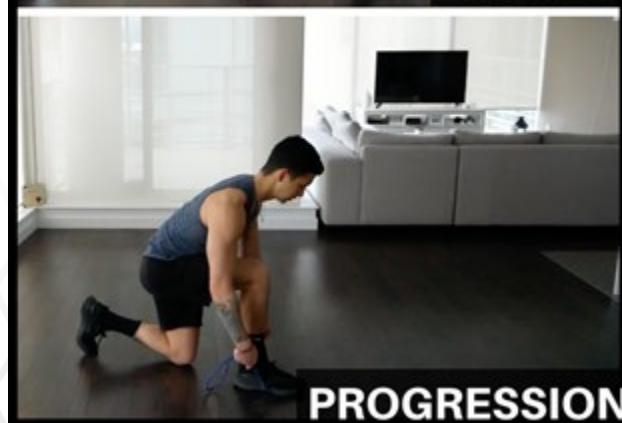
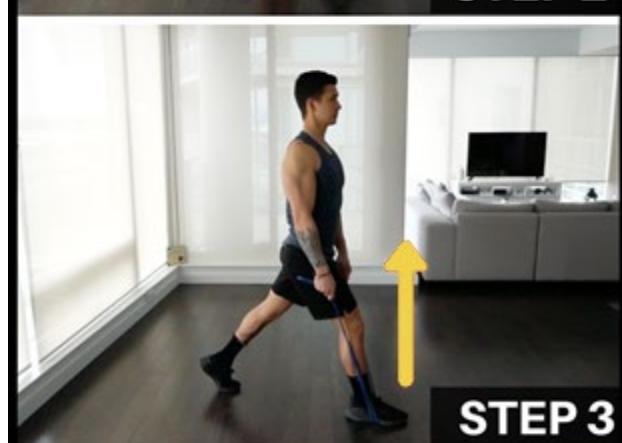
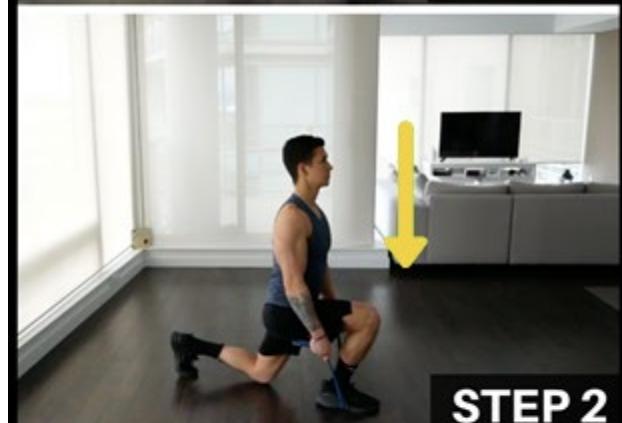
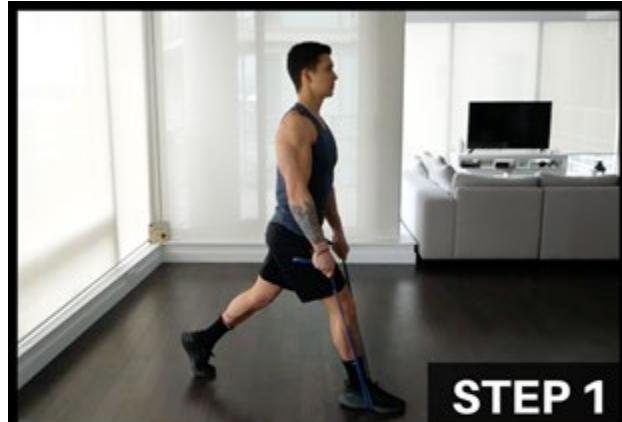
## EXERCISE 3: Resistance Band Stationary Split Squat

**Step 1:** Step on the resistance band with one foot and grab each side of it. If you have a loop/closed band, ensure you are stepping on it double banded. Bring the opposite leg back, keeping it straight and place it slightly behind your lead foot, this will create your split stance. This can be performed single banded if the resistance is too heavy.

**Step 2:** Ensure the foot that is standing on the resistance band is planted and your torso is aligned under your hips. Descend by bending your front leg and lowering your back knee towards the ground.

**Step 3:** Push back up to the starting position by using your quads and glutes from the front leg, and then repeat for more reps

**Progression:** In order to progress this exercise, simply grab closer down on the band to create more resistance.



# PHASE 2 WORKOUTS: RESISTANCE BAND SERIES

## EXERCISE 4: Seated Bodyweight Calf Raises

**Step 1:** Place your feet just inside shoulder width, toes pointing forward and go down into a squatting position. Hold onto a wall or a solid fixture to allow you to balance.

**Step 2:** While in a squatting position, raise your heels off of the ground as much as possible by pushing up onto your toes through your calves.

**Step 3:** Return slowly to the starting position, by dropping your heels back down to the ground and repeat the movement.

**Progression:** To increase the difficulty of this movement you may wear a weight bag or use a weighted object.



STEP 1



STEP 2



STEP 3

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