



 **BUILT WITH SCIENCE™**

BEGINNER PHASE 1

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	Workout A
Tuesday	Rest
Wednesday	Workout B
Thursday	Rest
Friday	Workout A
Saturday & Sunday	Rest
Monday	Workout B
Tuesday	Rest
Wednesday	Workout A
Thursday	Rest
Friday	Workout B

The exact days don't matter for your workouts, but the key is to get at least one rest day in between each workout, getting 3 workouts in per week, and alternate between workouts A and B. Abs and/or cardio exercises can be thrown into the main workouts as well, or performed on rest days.

Feel free to mix and match with other exercises from your main BWS program, as well as the bodyweight and dumbbell 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 1 WORKOUTS: RESISTANCE BANDS

WORKOUT A:

Exercise	Sets	Reps	Rest (min)	Notes
Banded Close Grip Push-Ups	3	8-15	2	Wrap band around hands and back, use diamond or narrow grip, perform push-up.
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.
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 Leg Weighted Calf Raise	3	8-15	1-1.5	Stand on elevated platform, hold weighted bag/object in one hand and other hand on a fixture for support.

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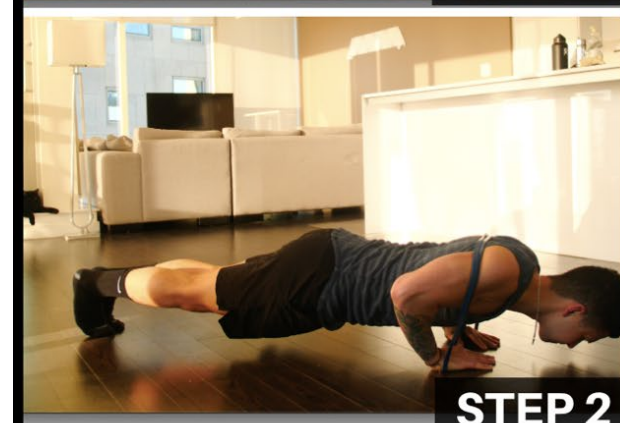
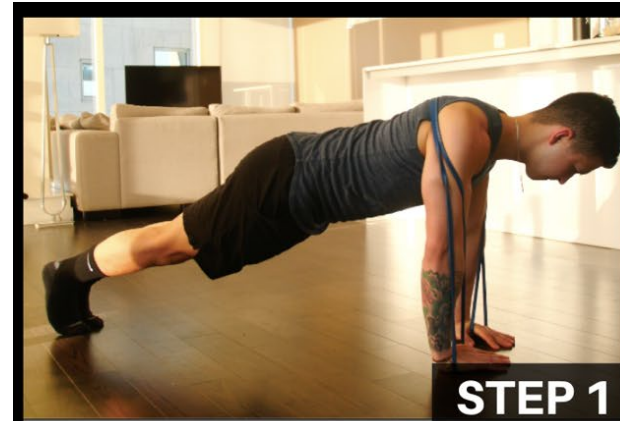
EXERCISE 1: Banded Close Grip Push-Ups

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.



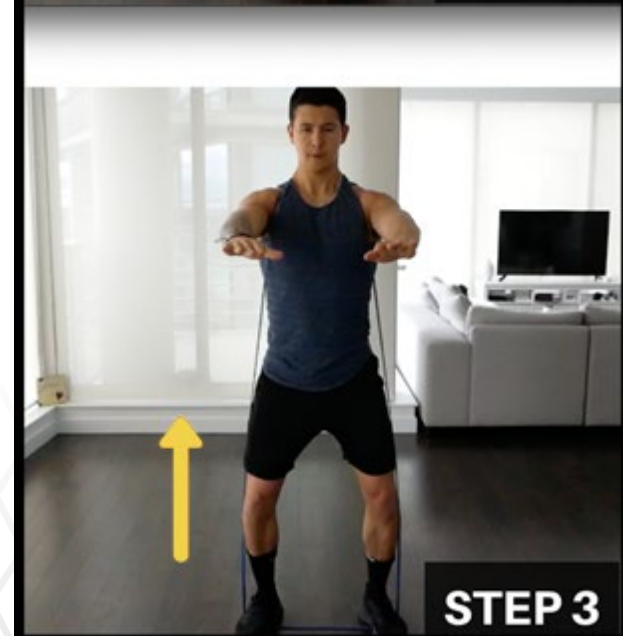
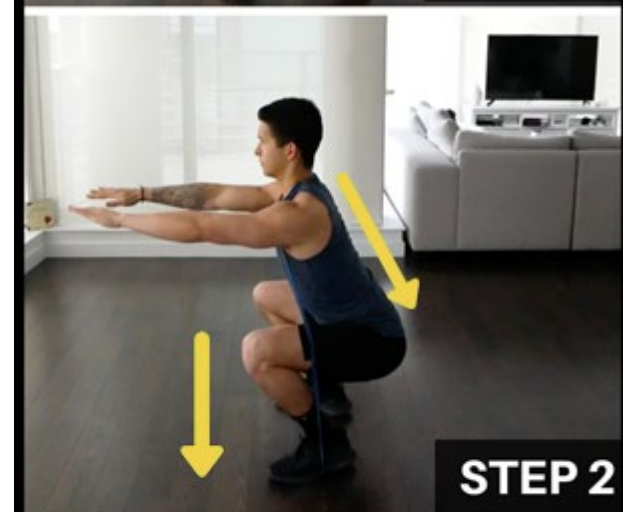
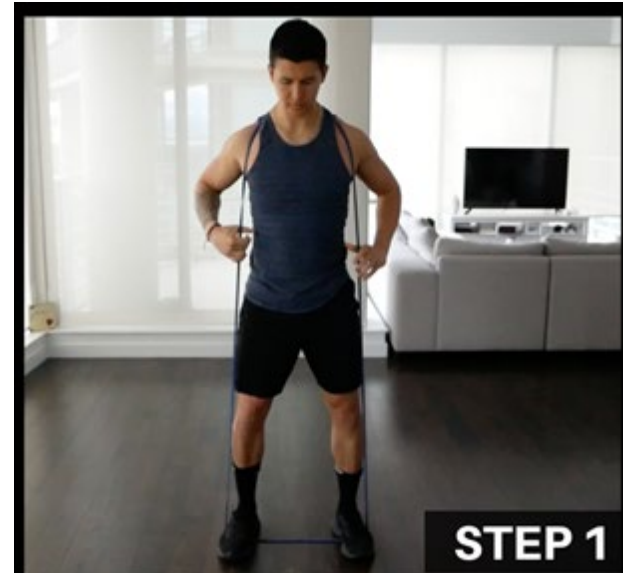
PHASE 1 WORKOUTS: RESISTANCE BANDS

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.



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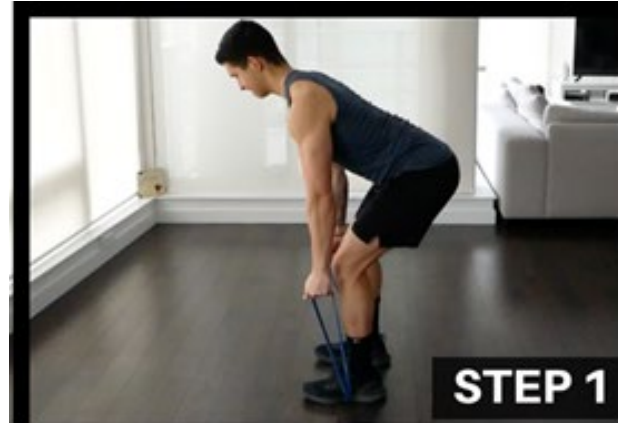
EXERCISE 3: Bent Over Resistance Band Row

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.



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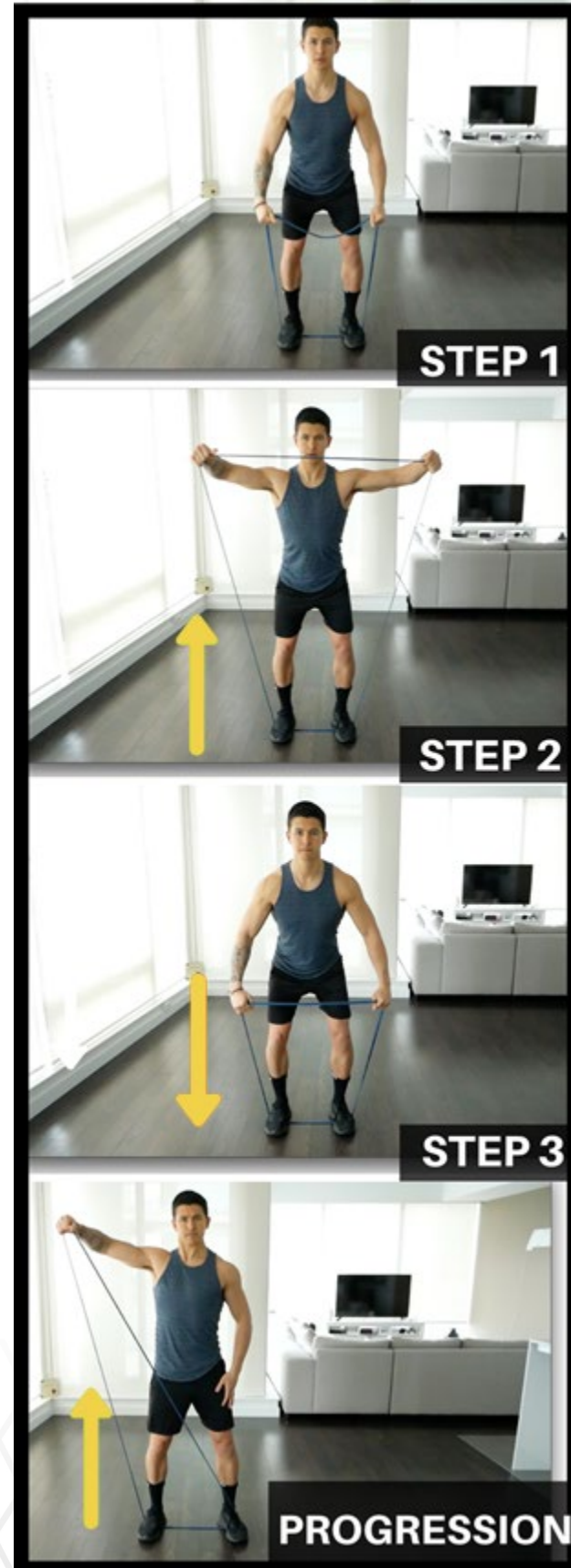
EXERCISE 4: Resistance Band Lateral Raises

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.



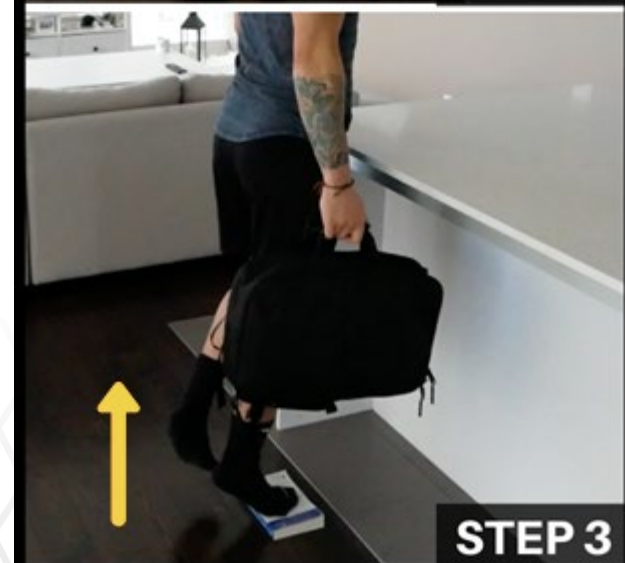
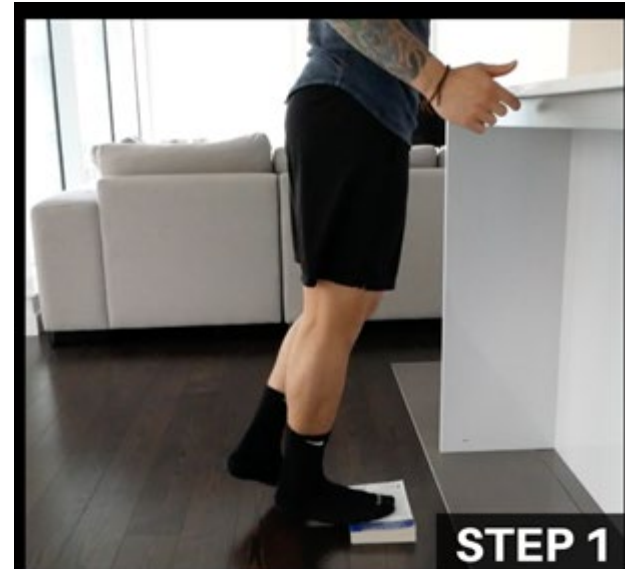
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EXERCISE 5: Single Leg Weighted Calf Raise

Step 1: 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.



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WORKOUT B:

Exercise	Sets	Reps	Rest (min)	Notes
Decline Banded Close Grip Push-Ups	3	8-15	2	Wrap band around hands and back, use diamond or narrow grip, perform push-up with feet elevated.
Resistance Band Deadlift	4	8-15	2-3	Step on band, hold ends in each hand, perform conventional deadlift.
Standing Banded Shoulder Press	3	8-15	2	Step on band, hold ends in each hand, press overhead.
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 Face Pulls**	4	8-15	1-1.5	Tie knot at end of band, throw over top of door, close door, grab each end of band, perform face pulls by making a "W" with your arms.

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

***These can be performed standing bent-over instead, by standing on the band, bending over, and performing a face pull by pulling the band at each end and making a "W" with your arms at the end position.*

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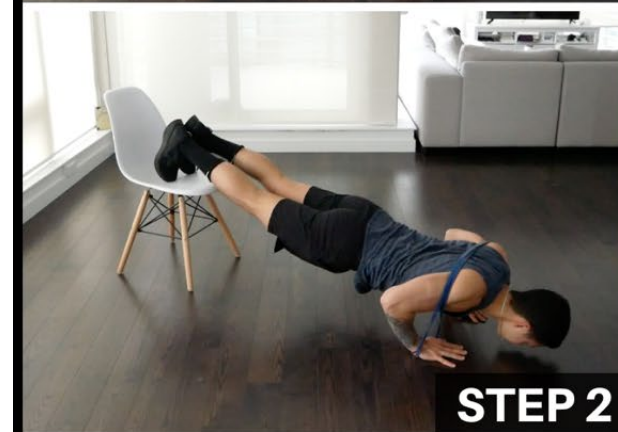
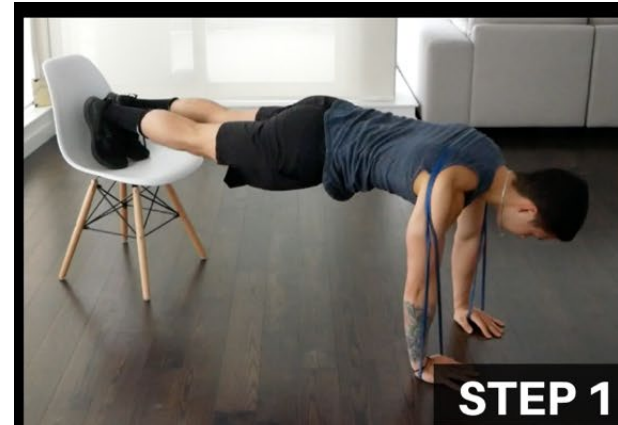
EXERCISE 1: Decline Close Grip Banded Push-Ups

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.



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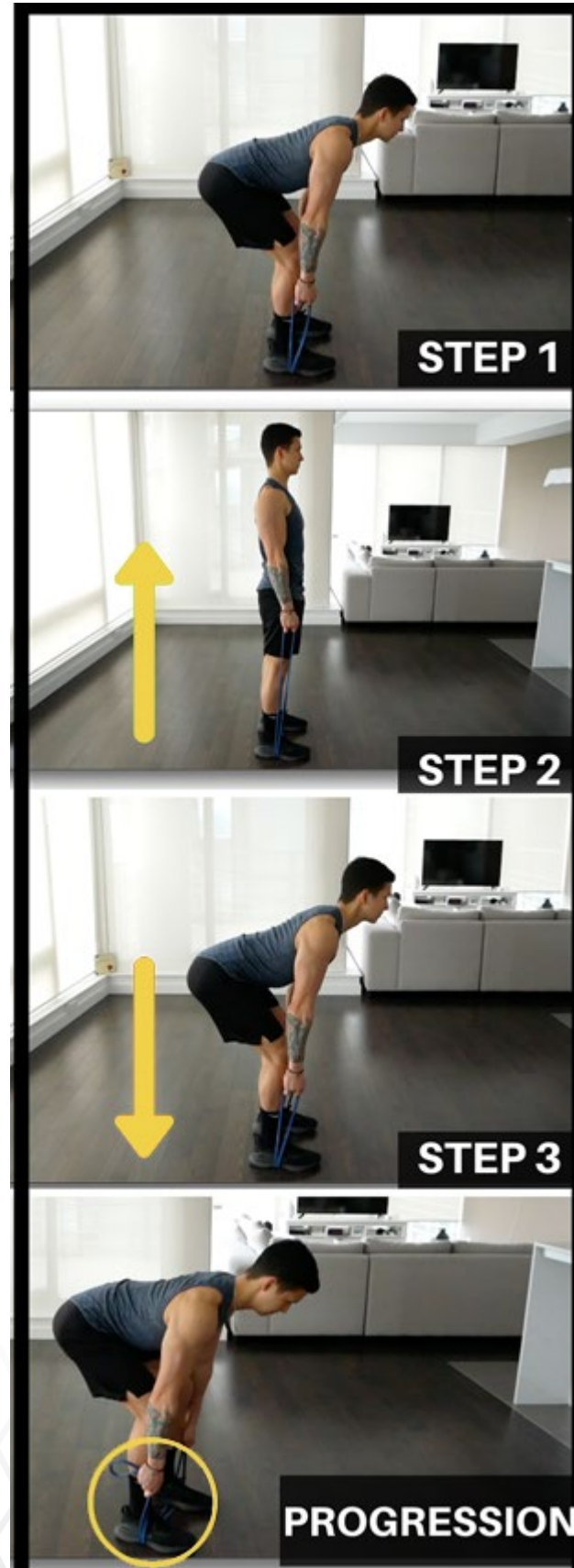
EXERCISE 2: Resistance Band Deadlift

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.



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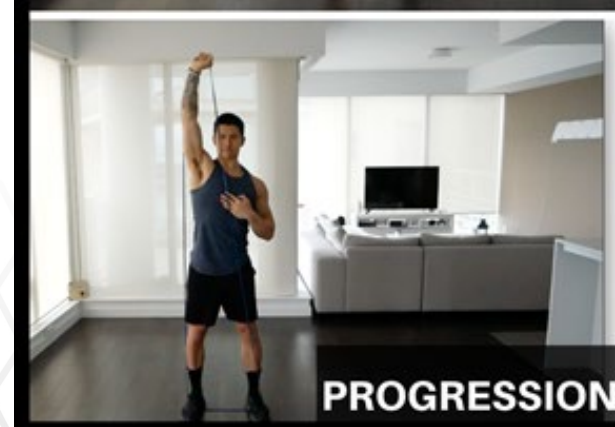
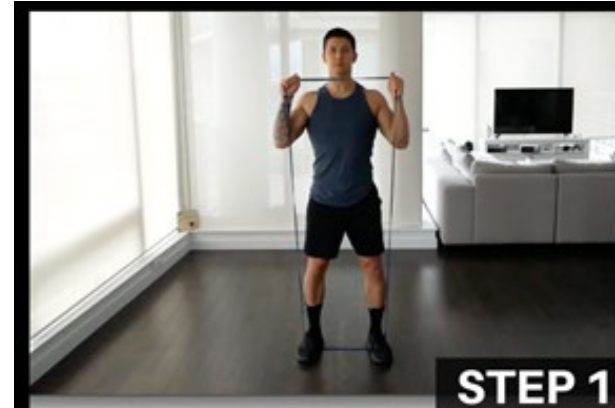
EXERCISE 3: Standing Banded Shoulder Press

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.



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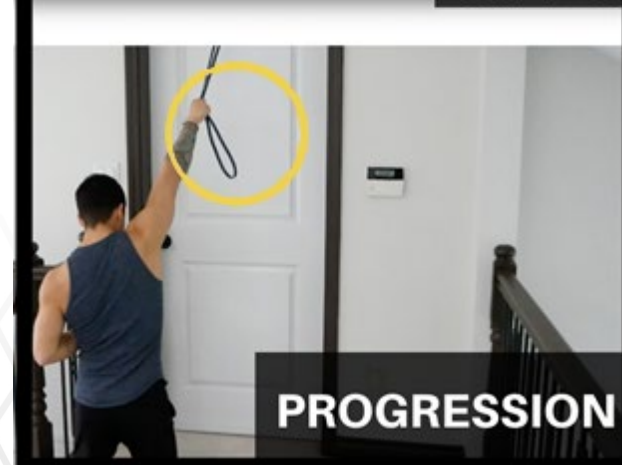
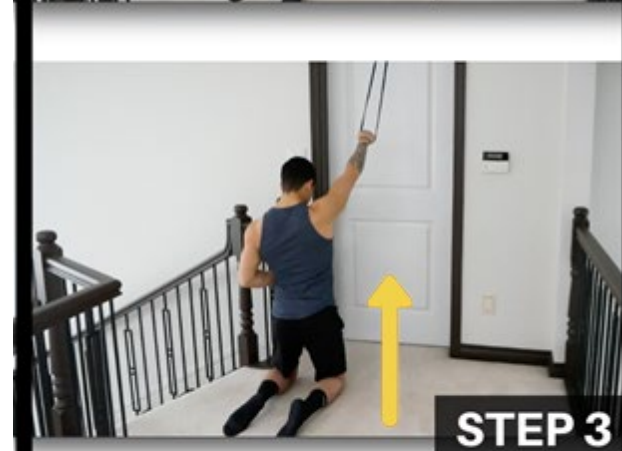
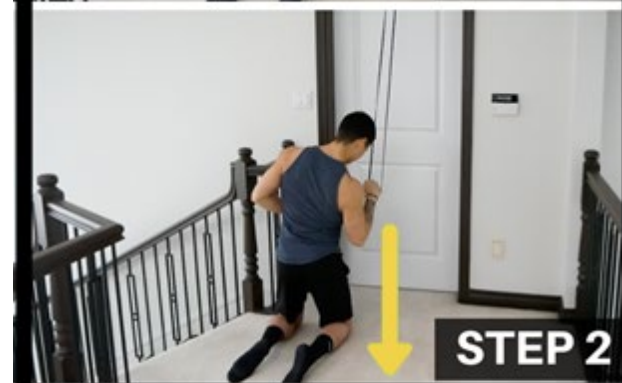
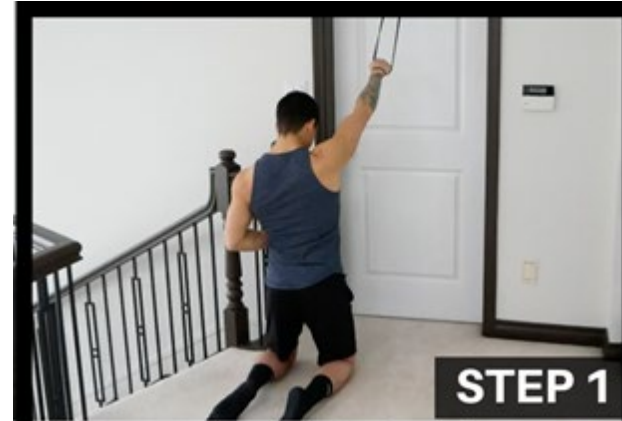
EXERCISE 4: Single Arm Banded Lat Pull Down

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.



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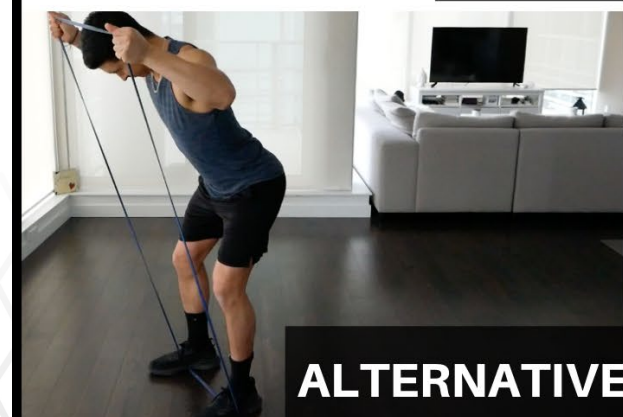
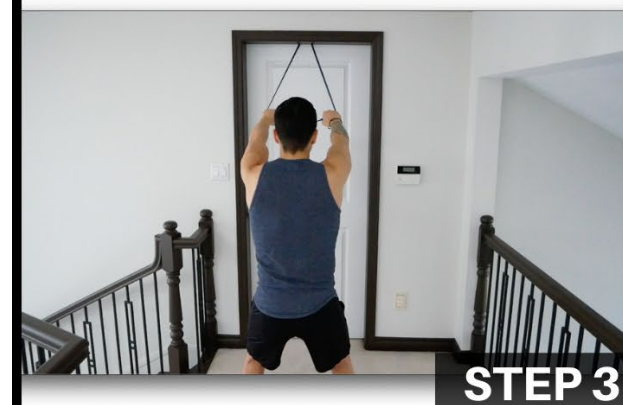
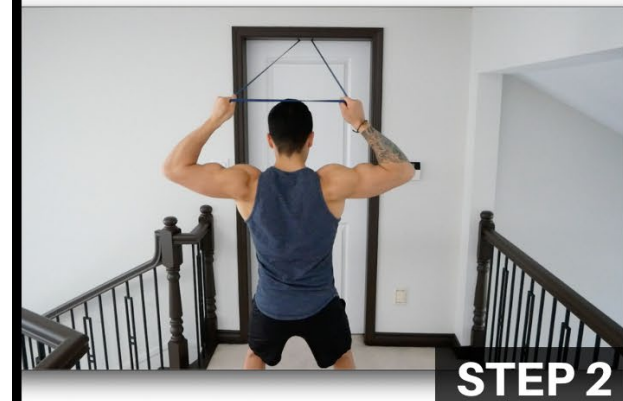
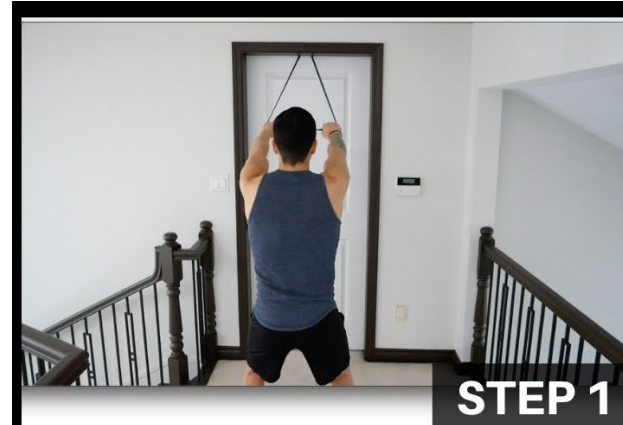
EXERCISE 5: Banded Face Pulls

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.



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