

Exercise Guidelines

This Challenge is about building consistency with nutrition, but that doesn't mean exercise isn't important too.

You can (and should) be working out and staying active most days of the week.

As far as activity goes, **I recommend getting at least 30 minutes of light cardio per day.** Some examples would be brisk walking, light biking, or light elliptical work. Alternatively, you can do a Metabolic Cardio Workout.

If you like keeping track of your daily steps, **then aim for 6-10k steps a day (on average) as your minimum goal.**

4 WEEK BAND ROUTINE

Workout Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Full Body 1 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	20-30 Mins Of Walking
Full Body 1 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	20-30 Mins Of Walking
Full Body 1 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	20-30 Mins Of Walking
Full Body 1 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 2 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	Full Body 3 Workout	20-30 Mins Of Walking or Metabolic Cardio Workout	20-30 Mins Of Walking

Notes for Full Body Workouts

Reps

The number of repetitions you're aiming to hit for each set of an exercise. If there's a unilateral exercise (using one arm/leg), you will see rep goals with per arm, per leg, per side, or some other variation.

Rest Times

The amount of time you should rest between each set. Folks tend to rush their rest times, which leads to less than optimal recovery. In turn, they're not able to give 100% on every set of an exercise.

I want you to follow the rest time recommendations I give for each exercise to the best of your ability. Using a timer on your phone or clock will help.

How Hard Should You Push?

For the strength training workouts, you want to push hard enough that you're challenged, but not so hard that you can't physically do another rep (unless you see "failure" in the rep range column).

4 WEEK BAND ROUTINE

The Pre-Workout Warm-Up Routine

This warm-up should take you no more than 5-10 minutes, and I want you to do it before each workout.

Click The Video Below!



- Lunge Stretch – 4 per side
- Side Lunge + Overhead Reach – 4 per side
- Lower Back Stretch – 30s hold
- Groin Stretch – 6 reps
- T-Spine Extension – 6 reps
- Kneeling Forearm Stretch – 3 reps
- Glute Bridges – 12 reps

FULL BODY 1

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) 4s Band Squat	3	8-10	30s		
1B) Constant Tension Squat		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Band Row	3	12-15	30s		
2B) Regular/Knee Push Up		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Shoulder Press	3	12-15	30s		
3B) Band Curls		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Dead Bugs	3	2-6 (per side)	0s		
4B) Alternating V-Ups		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 2

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Band Squat Press	3	8-10	30s		
1B) Band Kickback		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) Band Deadlift	3	12-15	30s		
2B) Band Chest Press		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Hammer Curls	3	12-15	30s		
3B) Band Lateral Raises		12-15	30s		
3C) Band Overhead Extension		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
4A) Knees Up Crunches	3	6-12	0s		
4B) Shoulder Taps		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 3

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) BW Split Squat	3	8-10 (per side)	30s		
1B) 1-Leg Romanian Deadlift		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) 1-Arm Band Row	3	10-12 (per side)	30s		
2B) Alternating Band Press		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Band Face Curls	3	12-15	30s		
3B) Band Pushdowns		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Band Glute Bridges	3	12-15	0s		
4B) Bodyweight Frog Pumps		20-30	90s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 1

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) 4s Band Squat	3	8-10	30s		
1B) Constant Tension Squat		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Band Row	3	12-15	30s		
2B) Regular/Knee Push Up		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Shoulder Press	3	12-15	30s		
3B) Band Curls		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Dead Bugs	3	2-6 (per side)	0s		
4B) Alternating V-Ups		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 2

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Band Squat Press	3	8-10	30s		
1B) Band Kickback		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) Band Deadlift	3	12-15	30s		
2B) Band Chest Press		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Hammer Curls	3	12-15	30s		
3B) Band Lateral Raises		12-15	30s		
3C) Band Overhead Extension		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
4A) Knees Up Crunches	3	6-12	0s		
4B) Shoulder Taps		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 3

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) BW Split Squat	3	8-10 (per side)	30s		
1B) 1-Leg Romanian Deadlift		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) 1-Arm Band Row	3	10-12 (per side)	30s		
2B) Alternating Band Press		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Band Face Curls	3	12-15	30s		
3B) Band Pushdowns		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Band Glute Bridges	3	12-15	0s		
4B) Bodyweight Frog Pumps		20-30	90s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 1

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) 4s Band Squat	3	8-10	30s		
1B) Constant Tension Squat		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Band Row	3	12-15	30s		
2B) Regular/Knee Push Up		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Shoulder Press	3	12-15	30s		
3B) Band Curls		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Dead Bugs	3	2-6 (per side)	0s		
4B) Alternating V-Ups		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 2

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Band Squat Press	3	8-10	30s		
1B) Band Kickback		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) Band Deadlift	3	12-15	30s		
2B) Band Chest Press		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Hammer Curls	3	12-15	30s		
3B) Band Lateral Raises		12-15	30s		
3C) Band Overhead Extension		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
4A) Knees Up Crunches	3	6-12	0s		
4B) Shoulder Taps		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 3

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) BW Split Squat	3	8-10 (per side)	30s		
1B) 1-Leg Romanian Deadlift		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) 1-Arm Band Row	3	10-12 (per side)	30s		
2B) Alternating Band Press		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Band Face Curls	3	12-15	30s		
3B) Band Pushdowns		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Band Glute Bridges	3	12-15	0s		
4B) Bodyweight Frog Pumps		20-30	90s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 1

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) 4s Band Squat	3	8-10	30s		
1B) Constant Tension Squat		8-10	90s		
Rest 90 seconds and move to the next set					
2A) Band Row	3	12-15	30s		
2B) Regular/Knee Push Up		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Shoulder Press	3	12-15	30s		
3B) Band Curls		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Dead Bugs	3	2-6 (per side)	0s		
4B) Alternating V-Ups		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 2

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) Band Squat Press	3	8-10	30s		
1B) Band Kickback		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) Band Deadlift	3	12-15	30s		
2B) Band Chest Press		6-15	90s		
Rest 90 seconds and move to the next set					
3A) Band Hammer Curls	3	12-15	30s		
3B) Band Lateral Raises		12-15	30s		
3C) Band Overhead Extension		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
4A) Knees Up Crunches	3	6-12	0s		
4B) Shoulder Taps		2-6 (per side)	60s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.

FULL BODY 3

EXERCISE	ROUNDS	REPS	REST	YOUR WEIGHT	YOUR REPS
1A) BW Split Squat	3	8-10 (per side)	30s		
1B) 1-Leg Romanian Deadlift		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
2A) 1-Arm Band Row	3	10-12 (per side)	30s		
2B) Alternating Band Press		8-10 (per side)	90s		
Rest 90 seconds and move to the next set					
3A) Band Face Curls	3	12-15	30s		
3B) Band Pushdowns		12-15	30s		
3C) Band Pull Aparts		12-15	90s		
Rest 90 seconds and move to the next set					
4A) Band Glute Bridges	3	12-15	0s		
4B) Bodyweight Frog Pumps		20-30	90s		

Notes: complete each exercise in each super set in alphabetic order. Each exercise has a prescribed rest time. For example, complete exercise 1A, then rest, then exercise 1B, then rest, and so on.