

Bandtastic

Advanced Band Training

Thank you for downloading this free sample day of Bandtastic!

I'm currently in the early phases of establishing Pure Motion Fitness, and this marks the debut of the first program I've designed for the website. I'll be honest, I don't have much background in social media or video production. I apologize ahead of time if some of the videos are of lower quality and my voiceovers come across as a bit monotone. Also, I tend to feel quite nervous in front of the camera.

I hope you find the exercises in the Bandtastic sample enjoyable and beneficial for your fitness journey. If you have any questions or need further assistance, please don't hesitate to reach out to me. Your feedback is valuable as I continue to refine and improve Pure Motion Fitness. As a token of appreciation, please use the coupon code BAND5 to save \$5 off the entire program. Thank you for your support, and here's to achieving your health and wellness goals together!

Thank you once again, and best wishes on your fitness endeavors!

Coach Janelle

www.puremotionfitness.net



BANDTASTIC MUSCLE STRENGTH & GROWTH PHASE WORKOUT #1 FREE SAMPLE

Exercises		Target Sets	Target Reps	Rest	NOTES	LINK TO VIDEO
REPS ARE PER SIDE						
Warm-up	Lateral Band Walk	1	20-30		2-3 laps of 5 steps	https://youtu.be/fk6Jk6mWqqg
Legs Superset	Band Single Leg RDL	2-3	8-10			https://youtu.be/mp4Bx3faPL8
	Band Squat	2-3	12-15	60-90		https://youtu.be/VWqyllcC3cU
Chest Superset	Band Single Arm Chest Flye	2-3	8-10		or alternating chest flye	https://youtu.be/SkwEdDOk4Pk
	Seated Band Chest Press	2-3	12-15	60-90		https://youtu.be/ovp1VLVCISQ
Back Superset	Seated Band Alt. Lat Pulldown	2-3	8-10		Alternating optional if low on time	https://youtu.be/W54XCING6n4
	Seated Band Row	2-3	12-15	60-90		https://youtu.be/oAdevd__UBY
Shoulder Superset	Band Alternating Lateral Raise	1-3	8-10		Alternating optional if low on time	https://youtu.be/HnTfRnkcB2o
	Band Pull Apart	1-3	12-15	60-90		https://youtu.be/aOsOf_eiyJE
Calf/Core Superset	Single Leg Calf Raise	1-3	8-15			https://youtu.be/pxIE5--l4mE
	Lizard Legs	1-3	8-10	30-60		https://youtu.be/3sGv_4lOzI