



# RESISTANCE BAND TRAINING EXERCISES

## Chest Workout



### Assisted Push-up Wide Base

**Workout Plan:** **Round 1** - Alternate between these two exercises performing 30 seconds of work followed by 15 seconds of rest x 12 total sets (6 of each exercise) Rest 1 Minute and move on to the next 2 exercises



### Staggered Base Spiderman



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## Rotational Single Arm Chest Press Right

**Workout Plan:** Round 2 - Alternate between these two exercises performing 30 seconds of work followed by 15 seconds of rest x 12 total sets (6 of each exercise)



## Rotational Single Arm Chest Press Left