

RET

HOME ADVANCED WORKOUT



5 DAY
UPPER LOWER ARM SPLIT
RESISTANCE BAND NEEDED

INTRODUCTION - RESISTANCE BANDS



WHO IS THIS PROGRAM FOR?

This program is for advanced lifters (3+ years of consistent training). The movements involved require coordination and a strong 'mind to muscle' connection. The latter will specifically help with providing adequate tension to the targeted muscle(s).

TENSION

Since tension provided from the bands will be constant throughout the entirety of the movement, you should **take special focus to remove all momentum**, this will prove to be much harder but will provide greater stimuli.

Training with resistance bands is different to training with free-weights. As mentioned, the tension is constant but also astronomically increases near the top of the concentric part of the movement, demanding increased effort as you reach the top of the concentric. And although the actual weight may be lighter, the **time under tension provided by resistance band can be adequate for hypertrophy**. Nevertheless, you are learning a new way to train and that is always a good thing.

This program is NOT designed for beginners. The volume is high and the exercises are advanced.

INTRODUCTION - RESISTANCE BANDS



It's absolutely possible maintain, or even build muscle with just resistance bands.

Contrary to what the fitness industry wants you to believe, muscle does not quickly wither away should you take a few weeks off; It takes several weeks of inactivity for muscle to even begin to atrophy.

There is common misconception that resistance bands are inferior to free weights. This is not completely true.

ARGUMENT FOR:

One study published in a 1998 issue of the American Journal of Sports Medicine reported that collegiate tennis players who trained using elastic bands significantly increased their shoulder strength as well as the speed of their tennis serve compared to those not using bands.

Another study—this one from Louisiana State University (New Orleans)—discovered that an elastic-band training program strengthened the rotator cuff muscles of collegiate baseball pitchers better than a program that used dumbbells.

Further to these studies, resistance bands offer constant tension throughout the movement. Providing the muscle with a greater time under tension - One of the key factors for hypertrophy. **Yes, the weight is much lighter, but muscle does not know weight, only tension.** And so the main variable that will affect the effectiveness of workout incorporating bands, is tempo.

Each exercise of the program has it's own stated tempo. Follow this to ensure you're maximizing each rep.

HOW TEMPO WORKS

In the workout, tempo for each movement is stated something like: 1,0,1,0, **OR** 2,0,2,0.

Each number signifies in seconds, how long each phase of the movement should last.

The first number refers to the eccentric part.

The second number is the bottom of the movement, so for example with a bench press, this part would be when the bar is at the bottom, near your chest.

The third number refers to the concentric.

The last number refers to the top of the movement, if this is a 0, this would mean no pausing between each rep.

You can experiment with varying tempos, however as this workout is designed with bands in mind, simply stick to the stated tempos in the program.

WORKOUT

DAY 1 UPPER A		
SESSION	SETS/REPS	TEMPO
Pull Ups (ALT Lying Banded Row)	8-12, 8-12, 8-12	2-0-1-1
Banded Press Ups	8-12, 8-12, 8-12	2-0-1-1
Seated Banded Row	8-12, 8-12, 8-12	2-0-1-1
Standing Banded Shoulder press	8-12, 8-12, 8-12	2-0-1-1
Banded Upright Row	12-15, 12-15, 12-15	2-0-1-1
Banded Hammer Curl	12-15, 12-15, 12-15	3-0-1-1
Single Banded Overhead tricep extension	12-15, 12-15, 12-15	3-0-1-1

DAY 2 LOWER A		
SESSION	SETS/REPS	
Banded overhead Squat	12-15, 12-15, 12-15	2-0-1-1
Banded Stiff Legged Deadlift	12-15, 12-15, 12-15	3-0-1-1
Banded Bulgarian Split Squat (Band over neck)	8-12, 8-12, 8-12	2-0-1-1
Banded Step Up	8-12, 8-12, 8-12	2-0-1-1
Vertical Jump	10, 10	

DAY 3 ARMS		
SESSION	SETS/REPS	
Banded Overhead Tricep Extension SUPERSET W/ Diamond Pushups	8-12, 8-12, 8-12	3-0-1-1
Banded Supinated Bicep Curl	8-12, 8-12, 8-12	3-0-1-1
Banded Single Arm Tricep Extension SUPERSET W/ Banded Hammer Curl	12-15, 12-15, 12-15	3-0-1-1

REST DAY

DAY 4 UPPER B		
SESSION	SETS/REPS	
Chin Ups (ALT Neutral Grip Lying Row)	8-12, 8-12, 8-12	2-0-1-1
Banded Incline Press ups	8-12, 8-12, 8-12	2-0-1-1
Banded Under-Hand Grip Row	8-12, 8-12, 8-12	2-0-1-1
Banded Single Arm Shoulder Press	8-12, 8-12, 8-12	2-0-1-1
Banded Face Pull	12-15, 12-15, 12-15	2-0-1-1
Banded Single Arm Fly	12-15, 12-15, 12-15	2-0-1-1
Standing Banded Hammer Curl	12-15, 12-15, 12-15	3-0-1-1
Banded Triceps Extension	12-15, 12-15, 12-15	2-0-1-1

DAY 5 LOWER B		
SESSION	SETS/REPS	
Banded Bulgarian Split squat	12-15, 12-15, 12-15	2-0-1-1
Banded Single Leg Extension	8-12, 8-12, 8-12	3-0-1-1
Banded RDL	12-15, 12-15, 12-15	3-0-1-1
Verticle Jump SUPERSETTED W/	10, 10, 10	
Isometric Wall Squat	30 seconds	

REST DAY

KEY TERMS:

SUPERSET - Perform each exercise back to back, no rest.

ALT: Alternative exercise in case of no equipment.

REST: **Rest 1- 2 minutes** between each superset. No longer than 30 second rest between each supersetted exercise.

Alternate between Full body A and Full body B. Include at least **1 rest day between workouts.**

FAQ



Q. The workout is too easy?

A. There is always a way to make a workout better suited to your level of fitness: Shorten rest periods, increase total amount of sets, slower eccentrics with faster concentrics.

Q. What should I do with my calories/macros?

A. Consider focusing on eating at maintenance or surplus. Although should you wish to lose fat, then a very slight deficit will be fine. However take in to account your likely decreased level of activity throughout the day. Keep protein high, stick to the workouts and your muscle will be still there.

Q. How do I perform the exercises?

A. Visit the instagram - [r@ealevolutiontraining](#) - page for a full follow along.