

RESISTANCE BANDS SET **ADVANCED**

4 weeks / 2-4 times a week

SET



Side raise	20 reps.
Flyes	20 reps.
Back row	20 reps.
Biceps curl	20 reps.
Triceps Pushdown	20 reps.
Face pull	20 reps.

30 SECONDS BREAK BETWEEN EACH EXERCISE

TOTAL 4 SETS

Note:
Before starting your workout please visit our warnings page. [cool2workout/warnings](https://cool2workout.com/warnings). Always do a warming up and cooling down, and make sure your body is properly hydrated. Preferably leave one day rest in between workouts.