

RESISTANCE BANDS SET

4 weeks / 3-4 times a week

PRO

SUPERSET 1



Flyes
Back row

25 reps.
25 reps.

30-45 SECONDS BREAK AFTER EACH SUPERSET

SUPERSET 2



Side raise
Face Pull

25 reps.
25 reps.

30-45 SECONDS BREAK AFTER EACH SUPERSET

SUPERSET 3



Biceps Curl
Triceps Pushdown

25 reps.
25 reps.

30-45 SECONDS BREAK AFTER EACH SUPERSET

REPEAT SUPERSETS 4 TIMES

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.