Resistance Band Exercises

WEEK 1 3 SETS OF 10	MON	TUE	WED	THU	FRI	SUT	SUN
SEATED ROW							
SQUAT WITH BAND							
STANDING SIDE LEG LIFTS							
BICEP CURL							
CHEST PRESS							
WEEK 2 3 SETS OF 10	MON	TUE	WED	THU	FRI	SUT	SUN
SEATED ROW							
SQUAT WITH BAND							
STANDING SIDE LEG LIFTS							
BICEP CURL							
CHEST PRESS							
WEEK 3 3 SETS OF 10	MON	TUE	WED	THU	FRI	SUT	SUN
WEEK 3 3 SETS OF 10 SEATED ROW	MON	TUE	WED	THU	FRI	SUT	SUN
	MON O	TUE	WED	тни	FRI	SUT	SUN
SEATED ROW	MON O	TUE	WED O	тни	FRI O	SUT O O	SUN O
SEATED ROW SQUAT WITH BAND	MON O O O O	TUE	WED O	THU O O O O	FRI O O O O	SUT O O O O	SUN O O O
SEATED ROW SQUAT WITH BAND STANDING SIDE LEG LIFTS	MON O O O O O O	TUE	WED O O O O O O	THU	FRI O O O O O O	SUT O O O O O	
SEATED ROW SQUAT WITH BAND STANDING SIDE LEG LIFTS BICEP CURL	MON O O O O MON	TUE	WED O O O WED	THU O O THU	FRI	SUT O O O SUT	SUN O O O SUN
SEATED ROW SQUAT WITH BAND STANDING SIDE LEG LIFTS BICEP CURL CHEST PRESS							
SEATED ROW SQUAT WITH BAND STANDING SIDE LEG LIFTS BICEP CURL CHEST PRESS WEEK 4 3 SETS OF 10							
SEATED ROW SQUAT WITH BAND STANDING SIDE LEG LIFTS BICEP CURL CHEST PRESS WEEK 4 3 SETS OF 10 SEATED ROW							
SEATED ROW SQUAT WITH BAND STANDING SIDE LEG LIFTS BICEP CURL CHEST PRESS WEEK 4 3 SETS OF 10 SEATED ROW SQUAT WITH BAND							