



30 DAY WORKOUT ROUTINE USING RESISTANCE BAND



SUN	MON	TUE	WED	THU	FRI	SAT
31	01 Upper Body Focus	02 Lower Body Focus	03 Rest Day	04 Full Body Circuit	05 Upper Body Focus	06 Lower Body Focus
07 Rest Day	08 Upper Body Push/Pull	09 Lower Body Power	10 Rest Day	11 Core and Stability	12 Full Body Strength	13 Active Recovery
14 Assessment Day	15 Upper Body Endurance	16 Lower Body Endurance	17 Rest Day	18 Combination Movements	19 Upper Body Endurance	20 Lower Body Endurance
21 Rest Day	22 Advanced Upper Body	23 Advanced Lower Body	24 Rest Day	25 Full Body Challenge	26 Power and Strength Combo	27 Endurance Challenge
28 Peak Performance Test	29 Final Assessment	30 Recovery and Planning				

