

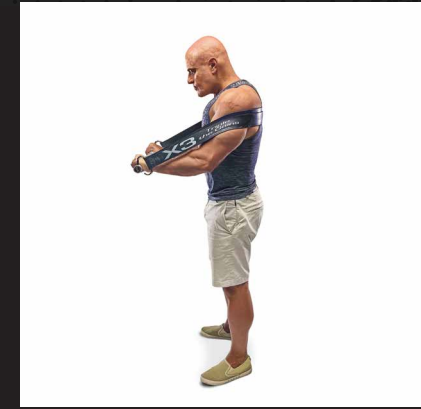
# X3

# PUSH DAY



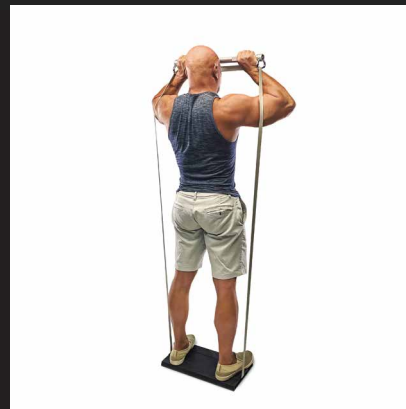
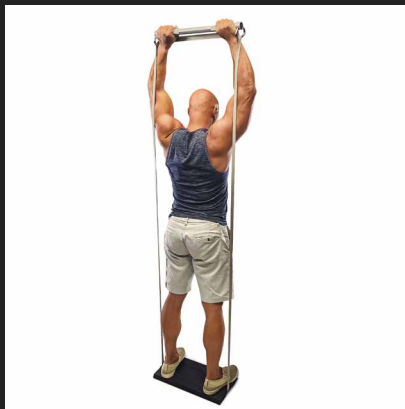
## CHEST PRESS

The band is doubled over and wrapped around shoulders below the deltoids. The bar is pressed forward and slightly downward with the lats engaged and elbows flared.



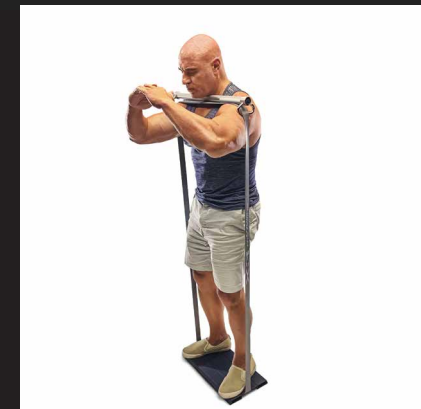
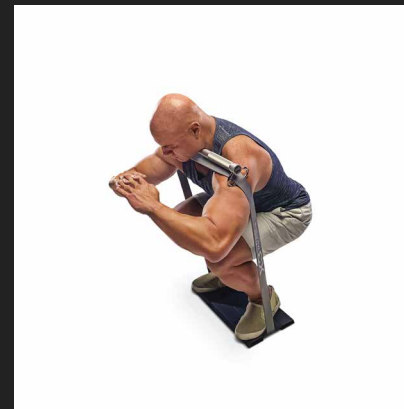
## TRICEP PRESS

The band is doubled over and wrapped around shoulders slightly below the position used in the Chest Press. The arms are extended downward and forward, hinging only at the elbow, with the elbows tucked into the side of the body.



## OVERHEAD PRESS

The band is wrapped under the ground plate and the bar is pressed overhead to just short of full extension. Lower the bar to chin level.



## FRONT SQUAT

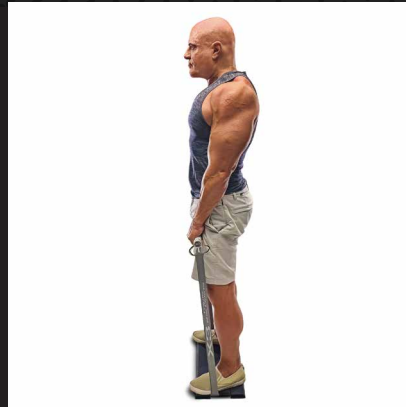
The band is wrapped under the ground plate and the bar rests securely on top of the shoulders. The band should follow a straight up-and-down path.



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# X3

# PULL DAY



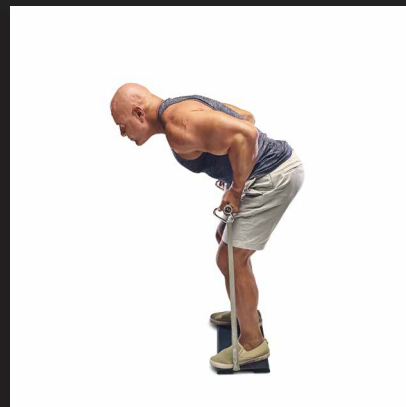
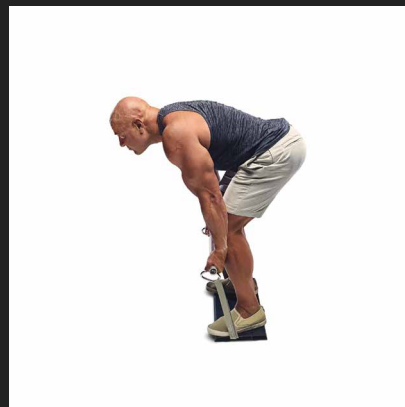
## DEADLIFT

The band is doubled over and wrapped under the ground plate. Shoulders are pulled back, and the band follows a straight up and down path.



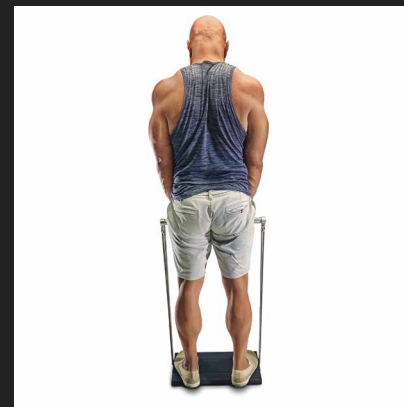
## BICEP CURL

The band is wrapped under the ground plate and the bar is lifted straight up along the body with a focus on bicep contraction.



## BENT ROW

The band is doubled over and wrapped under the ground plate. The bar is pulled up and into the lower abdomen.



## CALF RAISE

The band is doubled over and wrapped under the ground plate. The heels are raised to perform the exercise. The ball of the foot is centered over the band channel.