

Resistance Band Training record

A: squat, row, chest press: 2 x 8-15 each; Pallof press 2 x 6-10 each side.

B: hinge 2 x 8-15; split squat 2 x 6-10 each side; curl 2 x 10-15; press 2 x 8-12.

Rest 60-120 sec; use only familiar movements and approved band/anchor setups.

Exact band, tube combination and condition

Approved attachment and height; or none

Foot position and distance

Starting stretch and grip point

Session, movements and repetitions

Range, rest and side counting

Other training and session response

Next session and unresolved setup questions

Editorial examples, not personal clearance or a rehabilitation prescription.

Use familiar comfortable movements and compatible equipment. Stop for sharp or worsening pain.

Keep unknown setup details visible; do not force a load or attachment to complete the table.