

# RESISTANCE BAND TRAINING LOG

DATE:

DURATION:

INTENSITY: [ L ] [ M ] [ H ]

EXERCISE NAME	BAND COLOR/LEVEL	SETS X REPS	NOTES	DONE
<b>LOWER BODY</b>				
Banded Squats			Keep knees out	
Glute Bridges			Squeeze at top	
Lateral Monster Walk			Stay low	
<b>UPPER BODY</b>				
Seated Row			Elbows back	
Overhead Press			Core engaged	
Bicep Curls			Full extension	
Tricep Pushdowns			Keep elbows tucked	
<b>CORE &amp; STABILITY</b>				

<b>EXERCISE NAME</b>	<b>BAND COLOR/LEVEL</b>	<b>SETS X REPS</b>	<b>NOTES</b>	<b>DONE</b>
Pallof Press			Anti-rotation focus	
Banded Woodchoppers			Controlled pivot	

Session Notes: