

If your time is above
1:30 upgrade to a
stronger band

Day 1
Day 2
Day 3

Exercise	Band Color	Time	Band Color	Time	Band Color	Time
Armchair Push Up Metabolic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Hip Bridge Dynamic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Crunch Metabolic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Bilateral Row Dynamic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Safe Squat Dynamic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Table Top Leg Raise Metabolic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Push Up Dynamic						
Time Above 1:30 ?		Yes No		Yes No		Yes No
Time Above 1:30 ?		Yes No		Yes No		Yes No
Time Above 1:30 ?		Yes No		Yes No		Yes No
Time Above 1:30 ?		Yes No		Yes No		Yes No