



## Four-week Workout Exercise Band Metcon

40- to 45-minute workout for Cardio and Strength Training.  
Alternate options, do each twice a week.

### Week 1A

	Time/Reps	Effort
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Bicep Curl	10 reps	
Band Squat	10 reps	
Side Plank (right)	20 seconds	
Side Plank (left)	20 seconds	
Jump Rope	60 seconds	
Press Up	10 reps	
Glute Bridge	10 reps	
Plank	30 seconds	
Cardio machine	60 seconds 20 seconds 40 seconds 60 seconds 20 seconds 40 seconds 60 seconds	4/5 8/9 3/4 4/5 8/9 3/4 2/3
<b>Cool down:</b> Stretch	Five minutes	Easy pace

**Exercise Band Metcon****Week 1B**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Lateral Band Walk	10 steps left 10 steps right	
Bent Over Row	10 reps	
Russian Twist Abs	30 reps	
Jump Rope	60 seconds	
Band Donkey Kicks	10 reps	
Band Push Ups	10 reps	
V Ups	10 reps	
Cardio Machine	30 seconds 30 seconds Repeat for five minutes	3/4 8/9
<b>Cool down:</b> Stretch	Five minutes	Easy pace

**Exercise Band Metcon**  
**Week 2A**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Bicep Curl	12 reps	
Band Squat	12 reps	
Side Plank (right)	25 seconds	
Side Plank (left)	25 seconds	
Jump Rope	60 seconds	
Press Up	12 reps	
Glute Bridge	12 reps	
Plank	35 seconds	
Cardio machine	60 seconds 20 seconds 40 seconds 60 seconds 20 seconds 40 seconds 60 seconds	4/5 8/9 3/4 4/5 8/9 3/4 2/3
<b>Cool down:</b> Stretch	Five minutes	Easy pace

**Exercise Band Metcon****Week 2B**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Lateral Band Walk	12 steps left 12 steps right	
Bent Over Row	12 reps	
Russian Twist Abs	32 reps	
Jump Rope	60 seconds	
Band Donkey Kicks	12 reps	
Band Push Ups	12 reps	
V Ups	12 reps	
Cardio machine	30 seconds 30 seconds Repeat for five minutes	3/4 8/9
<b>Cool down:</b> Stretch	Five minutes	Easy pace

**Exercise Band Metcon****Week 3A**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Bicep Curl	14 reps	
Band Squat	14 reps	
Side Plank R	25 seconds	
Side Plank L	25 seconds	
Jump Rope	60 seconds	
Press Up	14 reps	
Glute Bridge	14 reps	
Plank	40 seconds	
Cardio machine	60 seconds 30 seconds 30 seconds 60 seconds 30 seconds 30 seconds 60 seconds	4/5 9 3/4 4/5 9 3/4 2/3
<b>Cool down:</b> Stretch	Five minutes	Easy pace

**Exercise Band Metcon****Week 3B**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Lateral Band Walk	14 steps left 14 steps right	
Bent Over Row	14 reps	
Russian Twist Abs	34 reps	
Jump Rope	60 seconds	
Band Donkey Kicks	14 reps	
Band Push Ups	14 reps	
V Ups	14 reps	
Cardio machine	30 seconds 30 seconds Repeat for five minutes	3/4 8/9
<b>Cool down:</b> Stretch	Five minutes	Easy pace

**Exercise Band Metcon****Week 4A**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Bicep Curl	16 reps	
Band Squat	16 reps	
Side Plank R	30 seconds	
Side Plank L	30 seconds	
Jump Rope	60 seconds	
Press Up	10 reps	
Glute Bridge	10 reps	
Plank	30 seconds	
Cardio machine	60 seconds 20 seconds 40 seconds 60 seconds 20 seconds 40 seconds 60 seconds	4/5 8/9 3/4 4/5 8/9 3/4 2/3
Cool down: Stretch	Five minutes	Easy pace

**Exercise Band Metcon****Week 4B**

	<b>Time/Reps</b>	<b>Effort</b>
<b>Warm up:</b> Cardio machine	Five minutes	Easy pace
<b>Workout (three rounds)</b>		
Lateral Band Walk	16 steps left 16 steps rights	
Bent Over Row	16 reps	
Russian Twist Abs	36 reps	
Jump Rope	60 seconds	
Band Donkey Kicks	16 reps	
Band Push Ups	10 reps	
V Ups	16 reps	
Cardio machine	30 seconds 30 seconds Repeat for five minutes	3/4 8/9
Cool down: Stretch	Five minutes	Easy pace