

Resistance Band Programme

Phase:



Body *Happy*
FITNESS FOR LIFE



Contents

Welcome	2
Disclaimer	3
The Routine Layout	3
Performance Pointers:	4
Principles of Fitness	
FIIT	
Specificity	
(Progressive) Overload	
Reversibility	
Rest and Recovery	
Over Training	
Exercise Progressions	
Reps in Reserve	
Rate of Perceived Exertion	
Type of Muscle Contraction	
Tempo	
Recommended Equipment	6
Equipment recommendations and websites	
Body Happy App	7
Warm Up	8
Workout	12
Week One	13
Week Two	15
Week Three	17
Week Four	19
Week Five	21
Week Six	23

Welcome

Hello!

Thanks for purchasing the Body Happy Resistance Band: Develop programme. We wanted to make sure you had a well thought out training programme for you to follow at home or in the gym with the appropriate ways to make exercises harder, should you not have a gym to workout in, or your gym does not have resistance heavy enough for you, or the equipment to provide variety.

The **Performance Pointers** section below will go into a few details, breaking down the exercise jargon and giving you pointers on how to make exercises harder, should you not have the equipment.

Consistency is key to helping you reach your goals. If you follow the programme and adopt a healthy lifestyle, you will see results. We would recommend starting with the first set of each exercise during week one, just to see how they feel. If they are too easy or too difficult, simply adjust using the performance pointer tips to progressively make an exercise harder.

Healthy regards

The Body Happy team

Disclaimer

This programme should be performed with care and if for any reason you feel unwell or have a health condition you should consult a medical doctor before starting the programme.

Body Happy Ltd does not assume the responsibility for injuries or health complications incurred following this training programme.

Anyone reposting, re-selling or distributing this programme without the express consent of Body Happy Ltd is strictly prohibited.

The Routine Layout

The routine will follow a pattern of progressions when one of the Fitness Principles are tweaked to keep the body guessing each week. This means the workout will follow a progression of:

Accumulation: Here you will be getting use to the exercises in the plan, working out what resistance is correct for you to hit the repetitions and tempo we are after.

Intensification: This is where we tweak a few of the fitness principles to increase the intensity and/or load of the workout. You will be familiar with the exercises; you will know what resistance you need to hit the target repetitions and tempo.

Realisation: This is where you realise your potential and increase your intensity. You are almost maxing out, pushing yourself close to your limits. Here the tempo and intensity is increased from the previous block.

Performance Pointers

Fitness Principle: these are the principles which should be followed and manipulated in order for a training programme to work for you. There may seem a lot, but they are simple and easy to follow. Although you have downloaded this programme, you still may want to tweak a few aspects to make it suit your level and fitness and the fitness principles will give you an idea on how to do this.

FIIT – this is Frequency, Intensity, Time and Type.

Frequency: the number of times you train each week, going from twice a week to three times a week as an example.

Intensity: increasing the load you are lifting or heart rate you are working at. The intensity could be a heavier dumbbell or progressing from a squat to split squat.

Time: this can be any number of things - the time you workout for or the recovery time between sets gets shorter.

Type: different training methods and experiences e.g. running, cycling, swimming, resistance machines, dumbbells, kettlebells and bands.

Specificity – does the training you are doing match your goals? or sport? This refers to the muscle groups used and energy systems trained. For example, a sprinter will train differently to a marathon runner.

(Progressive) Overload – using the principles above, we can create overload. The body adapts when the muscles are worked to a point where they have to grow stronger to lift the weight. For instance, if you train at 3 sets of 10 repetitions using 40kg, the following week you will try 3 sets of 10 repetitions on 41kg. The body responds by growing the muscle fibres to grow stronger and sometimes bigger, ready to handle the extra load.

The same works with cardiovascular training, we need to increase the heart rate or speed to create the overload which allows us to improve our fitness and run faster.

Reversibility – during periods of not training or if training is significantly reduced, the body will lose strength and fitness gained. Strength gains will be lost slower than cardiovascular gains. Having a holiday is, of course, okay, just ease back in the first week you are back.

Rest and Recovery – this is where your adaptations occur. Rest is important to help you get fitter and stronger. Sleep, hydration and nutrition all help the body recover and repairs itself ready for the next session. Getting the balance right is important, and listen to your body. If you feel overtired every session, it may be time for a rest.

Overtraining – this can occur if not enough time is left for recovery, therefore not allowing the body to adapt to the sessions you have already completed. This can cause injury and time away from training.

Exercise Progressions - consider the exercise listed, if you are unable to perform this due to an injury or lack of equipment, use the Body Happy exercise library to find a more suitable exercise for you which targets the same muscle groups.

Reps in Reserve – research has shown reps in reserve to be a better predictor of how hard you are working compared to RPE when strength training. The *reps in reserve* expresses how hard a set felt and how many reps more you could have actually done. In the programme you will see at RPE rating, use the table on the next page to workout how many reps in reserve this means.

Rate of Perceived Exertion – rate of perceived exertion is a good way to judge overall how hard your session was and also how hard you are working when carrying our cardiovascular training, as research shows it closely predicts how the heart is working.

Rate of Perceived Exertion	RPE Rating	Reps in Reserve
Max effort completely out of breath	10	Maximum effort
Very Hard Activity Barely breath, speak only a few words	9	1 repetition remaining
Vigorous Short of breath, speak a sentence	8	2 repetitions remaining
	7	3 repetitions remaining
Moderate Activity Comfortable, but becoming more challenging	5-6	4-6 repetitions remaining
Light Activity Easy to breath, have a conversation	3-4	Light Effort
Very Light Activity Hardly any exertion, watching TV	1-2	Little No Effort

Types of muscle contraction:

Concentric: this is when the muscle shortens and contracts against a resistance, lifting the load. For example, when we push ourselves away from the floor in a press up.

Isometric: the muscle is activated and held at a fixed length. This would be if we pause at the bottom or top of a press up position.

Eccentric: this is when the muscle lengthens and contracts against a resistance, lowering a load. For example, when we lower ourselves to the floor in a press up. We are stronger eccentrically than concentrically - we can control more weight lowering than we can lift.

Tempo: this is how we control the speed of the lift. Tempo can be manipulated in order to get the training stimulus we are after and make an exercise harder. The tempo emphasises different portions of the lift (concentric, isometric, eccentric). The tempo is usually referenced as a 4-digit number, for example, 3 0 1 1 is a usual tempo. If doing a press up this means 3 seconds lowering to the floor (eccentric), 0 second pause (isometric), 1 second pushing back up (concentric) and 1 second's pause (isometric).

5-8
exercises

8-12
reps / 30
seconds

Warm Up Options

A warm-up should follow the RAMP process:

Raise – low intensity activity, aimed at developing movement patterns to increase the body temperature, increase the heart rate, increase blood flow, and increase the respiratory rate.

Activation – switch on the muscle we are going to be working. This often involves pre-hab exercise to activate key muscle groups.

Select 2-4 exercises from the activation section below, perform 10-15 reps or for 30-45 seconds

Mobility – mobilise and loosen key joints, focus should be on movement and movement specificity to the session ahead.

Select 6-8 exercises from the mobility section, perform 8-12 reps or for 30-40 seconds

Potentiation – fire up the nervous system with brief, short sharp speed, or bower drills. Activities that improve performance, increase intensity and excitation, enhance performance, increase strength and power.

Select 1-2 exercises from the potentiation section, perform 5-10 reps or for 10-20 seconds.

Activation

Lower Body	Upper Body
Hip Bridge	Banded Pull Apart
Side Lying Leg Raises	Mini Band Shoulder Press
Frog Pumps	No Money Drill – mini band
Mini Band Lateral Shuffle	Chest Press – resistance band
Resistance Band Lateral Shuffle	
Mini Band Monster Walks	
Side Lying Clams – bodyweight	
Side Lying Clams – mini band	

Mobility Drills

Ankle Mobility	Ankle Rocking Push Up Ankle Rocking
Hip Mobility	Knee Hug – lying Leg Swings – forwards Leg Swings - sideways
Thoracic Mobility	Seated Rotations – hands by head Seated Rotations – dowel Standing Rotations – dowel Banded Pull Apart
Shoulder Mobility	Show me the Money Floor Slides
Neck Mobility	Neck Flexion and Extension Neck Lateral Flexion Neck Protraction and Retraction
Wrist Mobility	Wrist Rotations Wrist Prayers

Potential Drills

Lower Body	Upper Body
Fast Feet – forwards	Hoodie Slams
Fast Feet – sideways	
Squat Jumps	
Seated Squat Jump	

**3-5
Days a
week**

**6
Week
programme**

**This workout targets the whole body, using a three day a week programme.
Resistance band sessions are to be carried out on Day 1, 3 and 5.**

On days 2 and 4 you have been set some cardiovascular training, either through following a link to a pre-recorded HITT or circuit class or going off and doing your own. This can be a bike ride, swim, jog, walk. Some guidelines for this have been set out below.

Steady State Training Session

If you wish not to follow one of the classes above, then try performing one of the following sessions.

Option one

Walk, jog, cycle, swim for 30 minutes with your at an REP of 6-8

Option Two

Warm up for 5 minutes using the activation, mobilisation and potentiation drills from strength days.

Then alternate between walking/jogging and jogging/running.

Jog/run for 20 seconds then walk/jog for 45 seconds. Repeat 8-12 times

Cool Down

Week

One

Day

1

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		2	10	2 0 2 0	7
1b	Seated Row – resistance band, feet		2	10	2 0 2 0	7
2	V Steps		2	20s work	40s rest	8
3a	Hip Bridge – resistance band		2	10	2 0 2 0	7
3b	Deadlift – resistance band		2	10	2 0 2 0	7
4	Fast Feet Drill – side to side		2	20s work	40s rest	8
4a	Lying Pulldown		2	10	2 0 2 0	7
4b	Quadruped Knee Lift		2	10	2 0 2 0	7

Day

2

[HIIT](#)

Day

3

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Split Squat – resistance band		2	10	2 0 2 0	7
1b	Seated Pulldown – resistance band		2	10	2 0 2 0	7
2	Mountain Climbers Hands Raised		2	20s work	40s rest	8
3a	Hip Hinge – banded assisted		2	10	2 0 2 0	7
3b	Seated Press – resistance band		2	10	2 0 2 0	7
4	Half Star Jump		2	20s work	40s rest	8
4a	Deadlift – resistance band		2	10	2 0 2 0	7
4b	Side Plank – knees		2	10	2 0 2 0	7

Day

4

[Circuits](#)

Day

5

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		2	10	2 0 2 0	7
1b	Straight Arm Pulldown – resistance band		2	10	2 0 2 0	7
2	V Steps		2	20s work	40s rest	8
3a	Straight Leg Bridge – bench		2	10	2 0 2 0	7
3b	Half Kneeling Chest Press – resistance band		2	10	2 0 2 0	7
4	Mountain Climbers Hands Raised		2	20s work	40s rest	8
4a	Seated Row – resistance band, feet		2	10	2 0 2 0	7
4b	Single Leg Lowering – bent knee		2	10	2 0 2 0	7

Week

Two

Day

1

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		2	12	2 0 2 0	7
1b	Seated Row – resistance band, feet		2	12	2 0 2 0	7
2	V Steps		2	30s work	30s rest	8
3a	Hip Bridge – resistance band		2	12	2 0 2 0	7
3b	Deadlift – resistance band		2	12	2 0 2 0	7
4	Fast Feet Drill – side to side		2	20s work	40s rest	8
4a	Lying Pulldown		2	12	2 0 2 0	7
4b	Quadruped Knee Lift		2	12	2 0 2 0	7

Day

2

[HIIT](#)

Day

3

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Split Squat – resistance band		2	12	2 0 2 0	7
1b	Seated Pulldown – resistance band		2	12	2 0 2 0	7
2	Mountain Climbers Hands Raised		2	30s work	30s rest	8
3a	Hip Hinge – banded assisted		2	12	2 0 2 0	7
3b	Seated Press – resistance band		2	12	2 0 2 0	7
4	Half Star Jump		2	30s work	30s rest	8
4a	Deadlift – resistance band		2	12	2 0 2 0	7
4b	Side Plank – knees		2	12	2 0 2 0	7

Day

4

[Circuits](#)

Day

5

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		2	12	2 0 2 0	7
1b	Straight Arm Pulldown – resistance band		2	12	2 0 2 0	7
2	V Steps		2	30s work	30s rest	8
3a	Straight Leg Bridge – bench		2	12	2 0 2 0	7
3b	Half Kneeling Chest Press – resistance band		2	12	2 0 2 0	7
4	Mountain Climbers Hands Raised		2	30s work	30s rest	8
4a	Seated Row – resistance band, feet		2	12	2 0 2 0	7
4b	Single Leg Lowering – bent knee		2	12	2 0 2 0	7

Week

Three

Day

1

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	10	2 0 2 0	8
1b	Seated Row – resistance band, feet		3	10	2 0 2 0	8
2	V Steps		3	35s work	25s rest	8
3a	Hip Bridge – resistance band		3	10	2 0 2 0	8
3b	Deadlift – resistance band		3	10	2 0 2 0	8
4	Fast Feet Drill – side to side		3	35s work	25s rest	8
4a	Lying Pulldown		3	10	2 0 2 0	8
4b	Quadruped Knee Lift		3	10	2 0 2 0	8

Day

2

[HIIT](#)

Day

3

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Split Squat – resistance band		3	10	2 0 2 0	8
1b	Seated Pulldown – resistance band		3	10	2 0 2 0	8
2	Mountain Climbers Hands Raised		3	35s work	25s rest	8
3a	Hip Hinge – banded assisted		3	10	2 0 2 0	8
3b	Seated Press – resistance band		3	10	2 0 2 0	8
4	Half Star Jump		3	35s work	25s rest	8
4a	Deadlift – resistance band		3	10	2 0 2 0	8
4b	Side Plank – knees		3	10	2 0 2 0	8

Day

4

[Circuits](#)

Day

5

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	10	2 0 2 0	8
1b	Straight Arm Pulldown – resistance band		3	10	2 0 2 0	8
2	V Steps		3	35s work	25s rest	8
3a	Straight Leg Bridge – bench		3	10	2 0 2 0	8
3b	Half Kneeling Chest Press – resistance band		3	10	2 0 2 0	8
4	Mountain Climbers Hands Raised		3	35s work	25s rest	8
4a	Seated Row – resistance band, feet		3	10	2 0 2 0	8
4b	Single Leg Lowering – bent knee		3	10	2 0 2 0	8

Week

Four

Day

1

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	12	2 0 2 0	8
1b	Seated Row – resistance band, feet		3	12	2 0 2 0	8
2	V Steps		3	40s work	20s rest	8
3a	Hip Bridge – resistance band		3	12	2 0 2 0	8
3b	Deadlift – resistance band		3	12	2 0 2 0	8
4	Fast Feet Drill – side to side		3	40s work	20s rest	8
4a	Lying Pulldown		3	12	2 0 2 0	8
4b	Quadruped Knee Lift		3	12	2 0 2 0	8

Day

2

[HIIT](#)

Day

3

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Split Squat – resistance band		3	12	2 0 2 0	8
1b	Seated Pulldown – resistance band		3	12	2 0 2 0	8
2	Mountain Climbers Hands Raised		3	40s work	20s rest	8
3a	Hip Hinge – banded assisted		3	12	2 0 2 0	8
3b	Seated Press – resistance band		3	12	2 0 2 0	8
4	Half Star Jump		3	40s work	20s rest	8
4a	Deadlift – resistance band		3	12	2 0 2 0	8
4b	Side Plank – knees		3	12	2 0 2 0	8

Day

4

[Circuits](#)

Day

5

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	12	2 0 2 0	8
1b	Straight Arm Pulldown – resistance band		3	12	2 0 2 0	8
2	V Steps		3	40s work	20s rest	8
3a	Straight Leg Bridge – bench		3	12	2 0 2 0	8
3b	Half Kneeling Chest Press – resistance band		3	12	2 0 2 0	8
4	Mountain Climbers Hands Raised		3	40s work	20s rest	8
4a	Seated Row – resistance band, feet		3	12	2 0 2 0	8
4b	Single Leg Lowering – bent knee		3	12	2 0 2 0	8

Week

Five

Day

1

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	12	3 0 1 0	8
1b	Seated Row – resistance band, feet		3	12	3 0 1 0	8
2	V Steps		3	40s work	20s rest	8
3a	Hip Bridge – resistance band		3	12	3 0 1 0	8
3b	Deadlift – resistance band		3	12	3 0 1 0	8
4	Fast Feet Drill – side to side		3	40s work	20s rest	8
4a	Lying Pulldown		3	12	3 0 1 0	8
4b	Quadruped Knee Lift		3	12	3 0 1 0	8

Day

2

[HIIT](#)

Day

3

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Split Squat – resistance band		3	12	3 0 1 0	8
1b	Seated Pulldown – resistance band		3	12	3 0 1 0	8
2	Mountain Climbers Hands Raised		3	40s work	20s rest	8
3a	Hip Hinge – banded assisted		3	12	3 0 1 0	8
3b	Seated Press – resistance band		3	12	3 0 1 0	8
4	Half Star Jump		3	40s work	20s rest	8
4a	Deadlift – resistance band		3	12	3 0 1 0	8
4b	Side Plank – knees		3	12	3 0 1 0	8

Day

4

[Circuits](#)

Day

5

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	12	3 0 1 0	8
1b	Straight Arm Pulldown – resistance band		3	12	3 0 1 0	8
2	V Steps		3	40s work	20s rest	8
3a	Straight Leg Bridge – bench		3	12	3 0 1 0	8
3b	Half Kneeling Chest Press – resistance band		3	12	3 0 1 0	8
4	Mountain Climbers Hands Raised		3	40s work	20s rest	8
4a	Seated Row – resistance band, feet		3	12	3 0 1 0	8
4b	Single Leg Lowering – bent knee		3	12	3 0 1 0	8

Week

Six

Day

1

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	15	3 0 2 0	9
1b	Seated Row – resistance band, feet		3	15	3 0 2 0	9
2	V Steps		3	45s work	15s Rest	9
3a	Hip Bridge – resistance band		3	15	3 0 2 0	9
3b	Deadlift – resistance band		3	15	3 0 2 0	9
4	Fast Feet Drill – side to side		3	45s work	15s Rest	9
4a	Lying Pulldown		3	15	3 0 2 0	9
4b	Quadruped Knee Lift		3	15	3 0 2 0	9

Day

2

[HIIT](#)

Day

3

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Split Squat – resistance band		3	15	3 0 2 0	9
1b	Seated Pulldown – resistance band		3	15	3 0 2 0	9
2	Mountain Climbers Hands Raised		3	45s work	15s Rest	9
3a	Hip Hinge – banded assisted		3	15	3 0 2 0	9
3b	Seated Press – resistance band		3	15	3 0 2 0	9
4	Half Star Jump		3	45s work	15s Rest	9
4a	Deadlift – resistance band		3	15	3 0 2 0	9
4b	Side Plank – knees		3	15	3 0 2 0	9

Day

4

[Circuits](#)

Day

5

	Exercise	Weight	Sets	Reps	Tempo	RPE
1a	Squat – Resistance Band		3	15	3 0 2 0	9
1b	Straight Arm Pulldown – resistance band		3	15	3 0 2 0	9
2	V Steps		3	45s work	15s Rest	9
3a	Straight Leg Bridge – bench		3	15	3 0 2 0	9
3b	Half Kneeling Chest Press – resistance band		3	15	3 0 2 0	9
4	Mountain Climbers Hands Raised		3	45s work	15s Rest	9
4a	Seated Row – resistance band, feet		3	15	3 0 2 0	9
4b	Single Leg Lowering – bent knee		3	15	3 0 2 0	9