

XLathlete.com

Adaptability Band Training Collection

DB Bench W/ Bands

Band Face Pulls

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Piston Squat W/ Band

Right Leg

) 1 set

Piston Squat W/ Band

Left Leg

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with right leg and complete 5 repetitions and continue to the left leg and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Dual Action Bicep Curl

Band Tricep Extension

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Closed Lunge V-Band Twist

Band Pull Throughs

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

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Adaptability Band Training Collection

DB Incline W/ Bands

Band Speed Scap Pulls

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

Split Squat With Band

Right Leg

) 1 set

Split Squat With Band

Left Leg

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with right leg and complete 5 repetitions and continue to the left leg and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Dual Action Bicep Curl

Band Speed Push Backs

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Wait 2 to 3 minutes Between Cycles

Reverse Band Crunch

Reverse Hyper W/ Band

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required

Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

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Building Better Athletes

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Adaptability Band Training Collection

DB Bench W/ Bands

Squatting Band Row

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with the first exercise and complete 5 repetitions then quickly go to the second exercise and complete 5 additional repetitions. Mark of the number of the sets in the box numbered 1-30 after completing the last exercise in each set. Complete as many as possible.

Wait 2 to 3 minutes Between Cycles

DB Band Step Up

Right Leg

) 1 set

DB Band Step Up

Left Leg

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Start with right leg and complete 5 repetitions and continue to the left leg and complete 5 additional repetitions. Keep track the same as the cycle before.

Wait 2 to 3 minutes Between Cycles

Dual Action Bicep Curl

Band Tricep Push Down

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Open Lunge V-Band Twist

Glute Ham Hyper Band

) 1 set

1	2	3	4	5	6
7	8	9	10	11	12
13	14	15	16	17	18
19	20	21	22	23	24
25	26	27	28	29	30

Complete as many sets as possible in the time required by the chosen level

Complete one of the [Recovery workouts](#) after completing the Adaptability Program

Check Box Of Level Required	
Level 1 = 2 Minutes	
Level 2 = 3 Minutes	
Level 3 = 4 Minutes	
Level 4 = 5 Minutes	
Level 5 = 6 Minutes	

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Wait 2 to 3 minutes Between Cycles