

Chest & Back Workout	Set 1 Weight/Reps	Set 2 Weight/Reps	Set 3 Weight/Reps	Set 4 Weight/Reps
Rubber band Push Ups				
Seated Rubber band Pec Flys				
Rubber band Wide Grip Fat Gripz Extreme Pull Ups				
Rubber band Seated Rows				
Rubber band One arm pullovers				

O - Orange = 5-15 lbs  
 AR – Alt. Red = 15-20 lbs  
 R - Red = 20-35 lbs  
 B - Black = 30-50 lbs  
 P - Purple = 40-80 lbs  
 G - Green = 50-120 lbs  
 BI – Blue = 60-150 lbs