Joey Percia's Workout Log - Bodybuilding.com

Band Blitz Workout

<table>
<thead>
<tr>
<th>EXERCISE</th>
<th>Set #1</th>
<th>Set #2</th>
<th>Set #3</th>
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</thead>
<tbody>
<tr>
<td>Band resisted sumo deadlift: 3 sets of 35 sec.</td>
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<tr>
<td>Band-resisted Romanian deadlift: 3 sets of 40 sec., rest 30-60 sec.</td>
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<tr>
<td>Band-resisted bent-over row: 3 sets of 35 sec., rest 30-60 sec.</td>
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<td>Band-resisted push-up: 3 sets of 35 sec.</td>
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<td>Bodyweight jump squat: 3 sets of 40 sec.</td>
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<tr>
<td>Bodyweight push-up: 3 sets of 40 sec.</td>
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<td>Triset:</td>
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Instructions: In the white spaces below, fill in the weight you used and the number of reps you performed. If you did 100 pounds for 10 reps, you would write "100 X 10". The gray boxes below are not used.