THE 4-WEEK RESISTANCE BAND CHALLENGE

Each day, do the workout listed below. Every time you repeat a workout over the course of the month, you’ll change the number of reps or sets you do.

**Week 1**
- **Day 1**: Chest, Triceps and Core (1 set of 10)
- **Day 2**: Legs and Shoulders (1 set of 10)
- **Day 3**: Rest
- **Day 4**: Low-Intensity Cardio (25 min.)
- **Day 5**: Back, Biceps and Core (1 set of 10)
- **Day 6**: HIIT (1 set, 20 sec. per exercise)
- **Day 7**: Rest

**Week 2**
- **Day 1**: Chest, Triceps and Core (2 sets of 10)
- **Day 2**: Legs and Shoulders (2 sets of 10)
- **Day 3**: Rest
- **Day 4**: Low-Intensity Cardio (30 min.)
- **Day 5**: Back, Biceps and Core (2 sets of 10)
- **Day 6**: HIIT (2 sets, 20 sec. per exercise)
- **Day 7**: Rest

**Week 3**
- **Day 1**: Chest, Triceps and Core (2 sets of 15)
- **Day 2**: Legs and Shoulders (2 sets of 15)
- **Day 3**: Rest
- **Day 4**: Low-Intensity Cardio (35 min.)
- **Day 5**: Back, Biceps and Core (2 sets of 15)
- **Day 6**: HIIT (2 sets, 30 sec. per exercise)
- **Day 7**: Rest

**Week 4**
- **Day 1**: Chest, Triceps and Core (3 sets of 10 to 15)
- **Day 2**: Legs and Shoulders (3 sets of 10 to 15)
- **Day 3**: Rest
- **Day 4**: Low-Intensity Cardio (40 min.)
- **Day 5**: Back, Biceps and Core (3 sets of 10 to 15)
- **Day 6**: HIIT (3 sets, 30 sec. per exercise)
- **Day 7**: Rest