

BODYWEIGHT + BANDS BODYBUILDING

THE SPLIT: This 4-day workout template follows a typical PUSH-PULL-LEGS split for the first 3 days with a high intensity FULL body workout on the 4th day. Each workout is designed to be completed within 45 minutes to an hour. I recommend 1 day of rest between DAY 1-PUSH and DAY 2-PUSH, another day or two of rest between DAY 3-LEGS and DAY 4-FULL, finally followed by one or two days of rest before restarting the week. The title of each workout is a hyperlink to an instructional YouTube video, be sure to watch the video before attempting each workout. Like most training programs, stick with one thing for 4-6 weeks and then look to make some changes. So... implement this program for 4 weeks.

Example workout week:

Monday - DAY 1 - PUSH

Tuesday - Rest

Wednesday - DAY 2 - PULL

Thursday - DAY 3 - LEGS

Friday - Rest

Saturday - Day 4 - FULL

Sunday - Rest

Note: This program does not include cardio or direct core training. While your core muscles are working during most of these exercises and these workouts will definitely get your heart rate up, more direct core and cardio work would be great things to implement on the rest days. I love walking or hiking as an option for low intensity cardio between lifting days to allow for muscle recovery but reap cardiovascular benefits.

WORKOUT DETAILS: Progress through the workout as written finishing each lettered section (A, B, C, etc) entirely before moving on to the next. Numbered exercises (1, 2, 3, etc) are to be performed in sequence as a superset, giant set, or circuit as described within the workout. Unless otherwise noted, rest 20 seconds between exercises within a lettered section and 45-60 seconds between full supersets, giant sets, or circuits.

WHAT YOU'LL NEED: This workout is designed to use just your bodyweight, a few different size resistance bands (linked below), and a few normal household objects like chairs, textbooks, or sofas. I have no affiliation with any of these companies selling bands, but any of these bands/packages would work. If you already have bands at home - you can make it work! The ones below are versatile and easy to use.

https://www.amazon.com/dp/B07S3WDC6W/ref=cm_sw_r_cp_api_i_SVrDEbKWMAX39

https://www.amazon.com/dp/B07RY8PGDP/ref=cm_sw_r_cp_api_i_wWrDEbRRB2QXW

https://www.amazon.com/dp/B07K14JWW5/ref=cm_sw_r_cp_api_i_JXrDEbRFFA8P0

DAY 1 - PUSH

[HTTPS://YOUTU.BE/SM95QYESM00](https://youtu.be/SM95QYESM00)

A] Warm-up - 3 x through

- 1) 10/side x High Plank Shoulder Taps
- 2) 8+8+8 x 45° Hinged Y + T+ W
- 3) 15 x Standing Band Chest Press

Goal: Activate shoulder and scapular stabilizers and start a chest and shoulder pump.

B] Chest Superset - 2 x warm up sets, 4 x work sets

- 1) 8 x Pause Depth Push-ups with Band Overload
- 2) 20 x Chair Dips

Goal: Work pectorals and anterior deltoid from a stretched position.

C] Push Giant Set - 1 x warm up set, 3 x work sets

- 1) 6 x Incline Plyo Push-up
- 2) 8 x Standing Band Overhead Press
- 3) 10 x ½ Kneeling High to Low Band Flyes

Goal: Work pectorals and anterior deltoids from several angles, activate every fiber, and finish with a strong chest and shoulder pump.

D] Triceps Superset - 3 x work sets

- 1) 8 x Pause Band Kickbacks
 - a) Pause with full extension and really squeeze the tricep
- 2) 15 x BW skull crushers

Goal: Work the three separate heads of the triceps utilizing different arm positions.

E] Finishing Pump - 1 x through

- 1) Reverse Tabata - Push-ups
 - a) Set a timer for 10 seconds of work followed by 20 seconds of rest for 8 total rounds.
 - b) The goal is to do as many high quality pushups in 10 seconds as you can, rest for 20 seconds, and repeat until you have completed 8 total rounds for a total of 4 minutes.
 - c) IF and WHEN you reach failure, switch to modified (on the knees) pushups to maintain tension and get a great pump.

Goal: Without weights it's hard to mechanically overload and fatigue the muscle fibers. We are using this high intensity technique with maximum effort to truly get every ounce of work out of the pectorals, anterior deltoids, and triceps to stimulate adaptation.



DAY 2 - PULL

[HTTPS://YOUTU.BE/YSLXpEG7XAO](https://youtu.be/ySLXpEG7XAO)

A] Warm-up - 3 x through

- 1) 15 x Prone Superman's
- 2) 8+8+8 x 45° Hinged T + W + Arrows
- 3) 15 x Pause Band Rows

Goal: Goal: Activate shoulder and scapular stabilizers and start a back pump

B] Lats Giant Set - 1 x warm up set, 4 x work sets

- 1) 8 x Pronated Grip Hinged Band Lat Pulls
 - a) Rest 15 seconds and go directly into...
- 2) 8 x Supinated Grip Hinged Band Lat Pulls
 - a) Rest 15 seconds and go directly into...
- 3) 15 x Band Lat Extensions Neutral Grip
 - a) Rest 1 minute between full rounds

Goal: Lat, teres, and arm development and a starting back pump.

C] Traps Superset - 1 x warm up set, 3 x work sets

- 1) 8 x Pronated Grip Inverted Rows
 - a) If you do not have access to a bar to do inverted rows, repeat the Pause Band Rows from the warm-up for 12 reps.
- 2) 12 x Band Face Pulls
 - a) I like to pull a little lower, to the chin, as it is safer on the shoulders.

Goal: Traps, rhomboid, and arm development.

D] Finishing Pump - Back and Arms - 3 x through

- 1) Band Curls + Row 28's (cuz 21's are soo 2000's)
 - a) Perform 7 Top Half Band Curls + 7 Bottom Half Curls + 7 Full Curls + 7 Supinated Band Rows.
 - b) Rest 1 minute between full rounds.

Goal: No pull day is complete without some biceps, going for a sleeve busting bicep pump here.



DAY 3 - LEGS

[HTTPS://YOUTU.BE/V6TNJEIHYHW](https://youtu.be/V6TNJEIHYHW)

A] Warm-up - 3 x through

- 1) 20 x Calf Rocks
- 2) 8/side x Lateral Lunges
- 3) 8/side x Single Leg Hinges
- 4) 20 steps x FW + BW Band Walks

Goal: Activate hip, knee, and ankle stabilizers and get a starting leg pump.

B] Split Squat Giant Set - 1 x warm up set, 3 x work sets

- 1) Rear Foot Elevated Split Squat
 - a) 6 x Jumps
 - b) 8 x Reps with a and Resistance
 - c) 10 sec x Iso Hold
 - d) Here we are going to do all reps on one leg WITHOUT putting the rear foot down before switching.
 - i) Set up and perform 6 RFE Split Squat Jumps, then bend down and grab the band (that should already be in place) and do 8 more reps with the same leg, then drop the band and drop down until your knee is 1 inch above the ground and hold for 10 seconds.
 - ii) Rest 60-90 seconds between legs.

Goal: Maximum leg pump, single leg strength/stability full muscle fiber activation through the gluteals, quads, and adductors.

C] Single Leg Pause Pumps - 3 x work sets

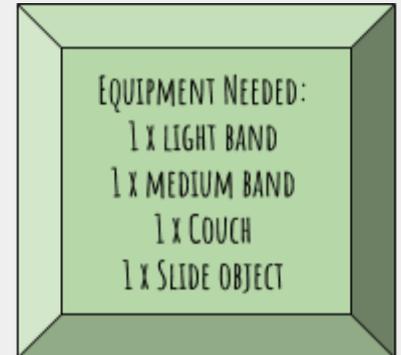
- 1) 8/leg x Pause Deficit Reverse Lunges
 - a) Pause in the bottom position with the knee 1 inch off the ground
- 2) 8/leg x Pause Single Leg Bridges
 - a) Pause at the top with a strong glute squeeze
- 3) 8/leg x Single Leg Calf Raises
 - a) Pause at the top with a strong calf squeeze

Goal: The pause increases time under tension and helps with the mind muscle connection; two big pieces to muscle development.

D] Finishing Hamstring Pump - 1 x through

- 1) Bridge Slides Waterfall
 - a) This is a tough one so take small breaks as needed; never more than 5 seconds.
 - b) Perform 10 bridge slides with the hips elevated the whole time, then bridge a little higher and squeeze the glutes at the top for a 10 second iso bridge. Go directly into 9 bridge slides and a 9 second hold, then 8 and 8, 7 and 7, and so on until 1 and 1.

Goal: Says it right in the title...hamstring pump!



DAY 4 - FULL BODY

[HTTPS://YOUTU.BE/CFEET4PEKAQ](https://youtu.be/CfEET4PEKAQ)

A] Warm-up - 3 x through

- 1) 10 x Elbows Wide Band Row
- 2) 10 x Standing shoulder press
- 3) 10/leg x Sling Band Split Squats
- 4) 10 x Band Hinges

Goal: Warm up all essential movement patterns: Push, Pull, Hinge, Squat.

B] Full body power - 1 warm-up set, 4 x work sets

- 1) 8 x Split Jump + Iso Hold
 - a) Hold is in the bottom position
 - b) 8 total jumps (4leg)
- 2) 8 x Band Hinge to High Pull

Goal: Activating as many muscle fibers as we can with incorporating some explosive, full body movements.

C] Big Bang Strength Superset 1 - 1 warm-up set, 3 x work sets

- 1) 8 x Pause Single Arm Row + Iso $\frac{1}{4}$ Single Leg Squat
- 2) 10 x Band Floor Press + Iso Bridge Hold

Goal: Full body strength and function is dependent on being able to maintain one body position while another works: that is what we are working towards with this superset.

D] Big Bang Strength Superset 2 - 1 warm-up set, 3 x work sets

- 1) 8/leg x Skater Squat + Band Front Raise
- 2) 12 x Heels Up Squat + Iso Band Flye Squeeze

Goal: Full body strength and function is dependent on being able to maintain one body position while another works: that is what we are working towards with this superset.

E] Conditioning Finisher - Mini Chipper -2-3 x through

- 1) 50 total x Speed Skaters
- 2) 50 total 'steps' x Bear Crawls
- 3) 50 x Band Pull Apart Seal Jacks
 - a) This circuit style is a bit different, here you are going to do all 50 reps of exercise 1 then move right into all 50 reps of exercise 2, then on to exercise 3. Rest as needed but try to push as hard as you can for each individual round.
 - b) This is meant to be a quick burner! Aim for 3-4 minutes to complete a round. Rest 1 minute, then repeat for 2-3 sets to finish up a strong week.

Goal: Get the heart rate up while stimulating all the muscles you worked hard this week. Great way to finish the week!



I hope you enjoyed this program. For specialized programs, fitness or health tips, and more follow Nick on Instagram @Nick_Occhipinti and visit www.nickocc.com.

I strongly recommend seeing a physician prior to participation in any fitness program to ensure you are healthy enough for exercise. You, the reader, should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in any exercise or exercise program from recommended here, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Nick Occhipinti from any and all claims or causes of action, known or unknown, arising of Nick Occhipinti.