

BOMMARITO PERFORMANCE SYSTEMS
GENERAL FITNESS HOME WORKOUT SCRIPT

LOWER STR / END

EXERCISE

1. BAND SPLIT SQUAT

2. BAND MID ROTATION

CORRECTIVE (ON REST):

1. BAND SEATED DL CURL

2. BAND DA SQUAT TO ROW

CORRECTIVE (ON REST):

DAY 1

TEM

RI

VOL

211

-

4X10E

212

60MIN

4X15E

BAND DOUBLE LEG CALF

21X

4X20

201

-

4X12

211

60MIN

4X20

BASIC CRUNCH

-212

4X20

UPPER STR / END

EXERCISE

1. ALIGN SA BAND PRESS

2. SA ALIGN BAND ROW

CORRECTIVE (ON REST):

1. SUPINE HIP BRIDGE - KNEES/FEET OUT

2. BAND TRICEP PUSHDOWN - FWD/REV

CORRECTIVE (ON REST):

DAY 2

TEM

RI

VOL

21X

-

4X15E

21X

45SEC

4X15E

BAND V RAISE

131

4X15

101

-

4X15

101

45SEC

4X20E

BAND HIP FLEX

111

3X12E

RECOVERY

EXERCISE

1. SL BOX SQUAT

2. STAGGERED STANCE BAND PUNCH

CORRECTIVE (ON REST):

1. BAND HIP EXTENSION

2. BAND SA LOW ROW

CORRECTIVE (ON REST):

DAY 3

TEM

RI

VOL

101

-

3X6E

101

90S

3X8E

BAND SIDE EXT

101

2X8E

131

-

3X6E

211

90S

3X8E

PRONE OPPOSITES

212

2X10E

LOWER STR / END

EXERCISE

1. EXPLOSIVE STEP UP KNEE PUNCH

2. BAND PULL-THRU

COMPLEX (ON REST)

1. ELEVATED PUSHUP

2. BAND SA LOW ROW

COMPLEX (ON REST):

DAY 4

TEM

RI

VOL

XXX

-

4X15E

101

45SEC

4X20

PRONE BOX

101

4X15

10X

-

4X15

10X

45SEC

4X20E

STANDING D PUNCH

101

4X20E

UPPER STR / END

EXERCISE

1. BULGARIAN SQUAT JUMP

2. BAND DL SPEED SQUAT

COMPLEX (ON REST)

1. SPEED BAND ROTATE PUNCH

2. SPEED BAND REVERSE FLY

COMPLEX (ON REST)

DAY 5

TEM

RI

VOL

20X

-

4X10E

20X

45SEC

4X15

SUPINE BAND HIP EXT

111

4X20E

21X

-

4X20E

21X

45SEC

4X30

SQUAT TO SA ALT ROW ISO TOP

10X

4X20