

Raff's Single Workouts

Fri, May 13 2022

- At Home Recovery Days



Workout Notes:

Keep a good pace not to much rest time WORK BAND

Exercise		Sets	Reps	Weight	Rest	Time	Notes	Options
Resistance Band Pull Aparts		4	15,15,15,15	0	30			
Resistance Band Squat And Row		4	15,15,15,15	0	30			
Cross Over - With Bands		4	15,15,15,15	0	30			
Standing_Resistance_Band_Row		4	15,15,15,15	0				
Rear Delt Fly Resistance Band		3	15,15,15	0				