

BEGINNER RESISTANCE BAND EXERCISE CHART

Use the reference values below as a guide only. Always check the figures against current product information and your own practice protocols.

BEGINNER RESISTANCE BAND EXERCISE REFERENCE VALUES

Exercise:	Sets x reps:
Range / notes:	Source and date checked:
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Range / notes:	Source and date checked:
Exercise:	Sets x reps:
Range / notes:	Source and date checked:
Approved by:	Date approved:

RECORDING

Date: _____ dd / mm / yyyy **Time:** _____
Exercise: _____ **Sets x reps:** _____
Recorded by: _____ **Date:** _____ dd / mm / yyyy

