

PULL & TWIST

9 WEEK EXERCISE PLAN TO HELP
YOU MOVE AND FEEL BETTER

WHAT YOU'LL NEED FOR THESE WORKOUTS

2+ BIG RESISTANCE BANDS

A set of 2 or more long loop resistance bands of differing sizes can offer you great variety when it comes to your exercises and your resistance options for them!

3-4 PAIRS OF DUMBBELLS

Some of these exercises were written with dumbbells in mind as the resistance that you'll be using, but a little creativity can go a long way! If you don't have dumbbells, you can use any form of weight that you can progress from week to week. Resistance bands can help cover these moves as well!

That's it! Have fun!



GENERAL WORKOUT GUIDELINES

Think of these guidelines as “best practices” tips as you go throughout any workout that you do in this program.

1. **BE SAFE** - Injury is the worst case scenario when it comes to making progress toward your fitness goals. Do not attempt to lift any weights with your ego.
2. **PUSH YOURSELF** - On the flip side, these workouts will only be effective if you truly apply your focus and effort. Try bumping up your weight by one increment. If you are being safe, the worst case scenario is that you simply won't be able to complete all of the prescribed reps. Do not add more reps if a set felt too easy. Add more weight, then add more time.
3. **PUSH YOUR LEGS** - Most people will be able to lift significantly more with their legs than with their arms, so don't be afraid to push some challenging weight! Your legs are strong and are made up of lots of muscle mass. Use it!
4. **CHOOSE YOUR OWN VARIATIONS** - I wrote out and demonstrated most of the exercises using bands and dumbbells because that's what most people have access to. However, as long as you stay within the guidelines of the movement pattern of each exercise, you can add weights or chains, swap out the bands for sandbags, gallons of milk or even change the tempo of the exercises! These are all fringe details, and will not have a significant impact on your progress one way or another.
5. **USE YOUR RESOURCES** - Each exercise title in this workout plan is a hyperlink to a demonstration video. Click on these if you need more concrete directions!
6. **HAVE FUN** - Remember that there is probably not a real rush for you. You may feel in a hurry to reach your goals, but take a little time to “smell the bands” and enjoy the journey!

WORKOUT PROGRAM OVERVIEW

"PULL & TWIST"			
Length	Goal	Workouts/Week	Split
9 Weeks	Total Body Strength & Mobility	3	Total Body

Imagine a world in which working out meant feeling great - not just worn out, overly sore, or even injured. Think of what it might be like if your fitness routine actually supported your everyday life instead of getting in the way of it. What would that be like? How might it change how you view working out?

Imagine no more! "Pull & Twist" is all about feeling great while getting stronger. These fun workouts will be a unique challenge that will also serve as a fantastic change of pace from what you've been used to. Many of the exercises in this 9 week program will probably be new for you, and you'll get to experiment with them either for the first time ever or for the first time in a long time. It's going to be great fun no matter how you spin it!

So why "pull" and "twist?"

Most of us spend far too much time hunched over - at a desk for work, at the table for dinner, or on the couch for relaxation. As a result (and a cause!) of all this, our posterior muscles on the back half of our bodies are often undertrained relative to our tight anterior muscles on our front half. Pulling and twisting (or rotating) can help to open up our posture through strengthening muscle groups such as the upper, middle, and lower back, glutes and hamstrings, and the entire core musculature.

Do you want to get stronger and feel great while/after doing it? Here we go!

A QUICK NOTE!

You'll notice that the first week of workouts uses a 2 x 12 scheme for sets and reps, with 6 exercises per workout. This may initially feel a bit underwhelming in terms of intensity - you may be used to doing workouts with much higher volume, such as 4 x 10 schemes or 8+ exercises.

It takes a huge mental shift to accept and apply this, but there's a term in the fitness world called "junk volume." This is basically all the extra work that people often cram into their workouts in order to *feel* like they got a great workout in. Doing a crazy number of sets and reps, trying to lift too much weight for half reps, doing all of this with poor form, etc. Approaching fitness in these ways will not benefit you in the short or long run, even if it *feels* intense.

That being said, lift with purpose. Even if you're "only" doing 24 reps per exercise and 6 exercises per workout, make all 144 of those reps count. If they feel too easy, check your form. If your form is awesome, grab heavier weights. If you've maxed out your weights, take your reps slower.

I know this next statement will also take a huge mental shift to accept and apply, but I think you can handle hearing this:

If you're a beginning exerciser or you've been lifting weights for less than a few years, you could do this exact 9 week program on repeat over and over and over for a few years before it would ever become "too easy." Keep this in mind as you lift! 💪

WEEK 1

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body A					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Side Plank Row	2	12/e	0 SEC			
A2) Romanian Deadlift	2	12	60 SEC			
B1) Half Kneeling Overhead Press	2	12/e	0 SEC			
B2) Banded Dead Bug	2	12/e	60 SEC			
C1) Rotational High Pull	2	12/e	0 SEC			
C2) Bear Knee Tap	2	12/e	60 SEC			

Workout 2 - Total Body B					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Single-Arm Bent Over Row	2	12	0 SEC			
A2) Reverse Lunge Chop	2	12/e	60 SEC			
B1) Band Superman Pull-Up	2	12	0 SEC			
B2) Half Kneeling Pallof Press	2	12/e	60 SEC			
C1) Single-Arm Swing	2	12/e	0 SEC			
C2) Tall Plank Drag	2	12/e	60 SEC			

Workout 3 - Total Body A					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Side Plank Row	2	12/e	0 SEC			
A2) Romanian Deadlift	2	12	60 SEC			
B1) Half Kneeling Overhead Press	2	12/e	0 SEC			
B2) Banded Dead Bug	2	12/e	60 SEC			
C1) Rotational High Pull	2	12/e	0 SEC			
C2) Bear Knee Tap	2	12/e	60 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 2

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body B

					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Single-Arm Bent Over Row	2	12	0 SEC			
A2) Reverse Lunge Chop	2	12/e	60 SEC			
B1) Band Superman Pull-Up	2	12	0 SEC			
B2) Half Kneeling Pallof Press	2	12/e	60 SEC			
C1) Single-Arm Swing	2	12/e	0 SEC			
C2) Tall Plank Drag	2	12/e	60 SEC			

Workout 2 - Total Body A

					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Side Plank Row	2	12/e	0 SEC			
A2) Romanian Deadlift	2	12	60 SEC			
B1) Half Kneeling Overhead Press	2	12/e	0 SEC			
B2) Banded Dead Bug	2	12/e	60 SEC			
C1) Rotational High Pull	2	12/e	0 SEC			
C2) Bear Knee Tap	2	12/e	60 SEC			

Workout 3 - Total Body B

					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Single-Arm Bent Over Row	2	12/e	0 SEC			
A2) Reverse Lunge Chop	2	12	60 SEC			
B1) Band Superman Pull-Up	2	12/e	0 SEC			
B2) Half Kneeling Pallof Press	2	12/e	60 SEC			
C1) Single-Arm Swing	2	12/e	0 SEC			
C2) Tall Plank Drag	2	12/e	60 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 3

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body A

				Sets	
EXERCISE	SETS	REPS	REST	1	2
A1) Side Plank Row	2	15/e	0 SEC		
A2) Romanian Deadlift	2	15	60 SEC		
B1) Half Kneeling Overhead Press	2	15/e	0 SEC		
B2) Banded Dead Bug	2	15/e	60 SEC		
C1) Rotational High Pull	2	15/e	0 SEC		
C2) Bear Knee Tap	2	15/e	60 SEC		

Workout 2 - Total Body B

				Sets	
EXERCISE	SETS	REPS	REST	1	2
A1) Standing Row + External Rotation	2	15/e	0 SEC		
A2) Offset Step Up / Offset Reverse Lunge	2	15	60 SEC		
B1) Band Superman Pull-Up	2	15/e	0 SEC		
B2) Half Kneeling Pallof Press	2	15/e	60 SEC		
C1) DB Single-Arm Swing	2	15/e	0 SEC		
C2) DB Tall Plank Drag	2	15/e	60 SEC		

Workout 3 - Total Body A

				Sets	
EXERCISE	SETS	REPS	REST	1	2
A1) Side Plank Row	2	15/e	0 SEC		
A2) Romanian Deadlift	2	15	60 SEC		
B1) Half Kneeling Overhead Press	2	15/e	0 SEC		
B2) Banded Dead Bug	2	15/e	60 SEC		
C1) Rotational High Pull	2	15/e	0 SEC		
C2) Bear Knee Tap	2	15/e	60 SEC		

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 4

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body B

					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Single-Arm Bent Over Row	2	15/e	0 SEC			
A2) Reverse Lunge Chop	2	15	60 SEC			
B1) Band Superman Pull-Up	2	15/e	0 SEC			
B2) Half Kneeling Pallof Press	2	15/e	60 SEC			
C1) Single-Arm Swing	2	15/e	0 SEC			
C2) Tall Plank Drag	2	15/e	60 SEC			

Workout 2 - Total Body A

					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Side Plank Row	2	15/e	0 SEC			
A2) Romanian Deadlift	2	15	60 SEC			
B1) Half Kneeling Overhead Press	2	15/e	0 SEC			
B2) Banded Dead Bug	2	15/e	60 SEC			
C1) Rotational High Pull	2	15/e	0 SEC			
C2) Bear Knee Tap	2	15/e	60 SEC			

Workout 3 - Total Body B

					Sets	
EXERCISE	SETS	REPS	REST	1	2	
A1) Single-Arm Bent Over Row	2	15/e	0 SEC			
A2) Reverse Lunge Chop	2	15	60 SEC			
B1) Band Superman Pull-Up	2	15/e	0 SEC			
B2) Half Kneeling Pallof Press	2	15/e	60 SEC			
C1) Single-Arm Swing	2	15/e	0 SEC			
C2) Tall Plank Drag	2	15/e	60 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 5

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body A					Sets		
EXERCISE	SETS	REPS	REST	1	2	3	
A1) Side Plank Row	3	10/e	0 SEC				
A2) Romanian Deadlift	3	10	60 SEC				
B1) Half Kneeling Overhead Press	3	10/e	0 SEC				
B2) Banded Dead Bug	3	10/e	60 SEC				
C1) Rotational High Pull	3	10/e	0 SEC				
C2) Bear Knee Tap	3	10/e	60 SEC				

Workout 2 - Total Body B					Sets		
EXERCISE	SETS	REPS	REST	1	2	3	
A1) Standing Row + External Rotation	3	10	0 SEC				
A2) Offset Step Up / Offset Reverse Lunge	3	10/e	60 SEC				
B1) Band Superman Pull-Up	3	10	0 SEC				
B2) Half Kneeling Pallof Press	3	10/e	60 SEC				
C1) DB Single-Arm Swing	3	10/e	0 SEC				
C2) DB Tall Plank Drag	3	10/e	60 SEC				

Workout 3 - Total Body A					Sets		
EXERCISE	SETS	REPS	REST	1	2	3	
A1) Side Plank Row	3	10/e	0 SEC				
A2) Romanian Deadlift	3	10	60 SEC				
B1) Half Kneeling Overhead Press	3	10/e	0 SEC				
B2) Banded Dead Bug	3	10/e	60 SEC				
C1) Rotational High Pull	3	10/e	0 SEC				
C2) Bear Knee Tap	3	10/e	60 SEC				

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 6

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body B

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1)	Single-Arm Bent Over Row	3	10	0 SEC		
A2)	Reverse Lunge Chop	3	10/e	60 SEC		
B1)	Band Superman Pull-Up	3	10	0 SEC		
B2)	Half Kneeling Pallof Press	3	10/e	60 SEC		
C1)	Single-Arm Swing	3	10/e	0 SEC		
C2)	Tall Plank Drag	3	10/e	60 SEC		

Workout 2 - Total Body A

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1)	Side Plank Row	3	10/e	0 SEC		
A2)	Romanian Deadlift	3	10	60 SEC		
B1)	Half Kneeling Overhead Press	3	10/e	0 SEC		
B2)	Banded Dead Bug	3	10/e	60 SEC		
C1)	Rotational High Pull	3	10/e	0 SEC		
C2)	Bear Knee Tap	3	10/e	60 SEC		

Workout 3 - Total Body B

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1)	Single-Arm Bent Over Row	3	10	0 SEC		
A2)	Reverse Lunge Chop	3	10/e	60 SEC		
B1)	Band Superman Pull-Up	3	10	0 SEC		
B2)	Half Kneeling Pallof Press	3	10/e	60 SEC		
C1)	Single-Arm Swing	3	10/e	0 SEC		
C2)	Tall Plank Drag	3	10/e	60 SEC		

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 7

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body A				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Side Plank Row	3	12/e	0 SEC			
A2) Romanian Deadlift	3	12	60 SEC			
B1) Half Kneeling Overhead Press	3	12/e	0 SEC			
B2) Banded Dead Bug	3	12/e	60 SEC			
C1) Rotational High Pull	3	12/e	0 SEC			
C2) Bear Knee Tap	3	12/e	60 SEC			

Workout 2 - Total Body B				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Standing Row + External Rotation	3	12	0 SEC			
A2) Offset Step Up / Offset Reverse Lunge	3	12/e	60 SEC			
B1) Band Superman Pull-Up	3	12	0 SEC			
B2) Half Kneeling Pallof Press	3	12/e	60 SEC			
C1) DB Single-Arm Swing	3	12/e	0 SEC			
C2) DB Tall Plank Drag	3	12/e	60 SEC			

Workout 3 - Total Body A				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Side Plank Row	3	12/e	0 SEC			
A2) Romanian Deadlift	3	12	60 SEC			
B1) Half Kneeling Overhead Press	3	12/e	0 SEC			
B2) Banded Dead Bug	3	12/e	60 SEC			
C1) Rotational High Pull	3	12/e	0 SEC			
C2) Bear Knee Tap	3	12/e	60 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 8

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body B

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1)	Single-Arm Bent Over Row	3	12	0 SEC		
A2)	Reverse Lunge Chop	3	12/e	60 SEC		
B1)	Band Superman Pull-Up	3	12	0 SEC		
B2)	Half Kneeling Pallof Press	3	12/e	60 SEC		
C1)	Single-Arm Swing	3	12/e	0 SEC		
C2)	Tall Plank Drag	3	12/e	60 SEC		

Workout 2 - Total Body A

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1)	Side Plank Row	3	12/e	0 SEC		
A2)	Romanian Deadlift	3	12	60 SEC		
B1)	Half Kneeling Overhead Press	3	12/e	0 SEC		
B2)	Banded Dead Bug	3	12/e	60 SEC		
C1)	Rotational High Pull	3	12/e	0 SEC		
C2)	Bear Knee Tap	3	12/e	60 SEC		

Workout 3 - Total Body B

				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1)	Single-Arm Bent Over Row	3	12	0 SEC		
A2)	Reverse Lunge Chop	3	12/e	60 SEC		
B1)	Band Superman Pull-Up	3	12	0 SEC		
B2)	Half Kneeling Pallof Press	3	12/e	60 SEC		
C1)	Single-Arm Swing	3	12/e	0 SEC		
C2)	Tall Plank Drag	3	12/e	60 SEC		

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

WEEK 9

Directions: Perform given sets and reps/times for each exercise. Use as heavy of a load as you can handle with good form for each exercise. Complete all sets of each letter exercise (i.e. all A's, then all B's, then all C's, etc.) before moving on to the next letter exercise. Reps marked as "#/e" denotes completing that number on each side.

Workout 1 - Total Body A				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Side Plank Row	3	15/e	0 SEC			
A2) Romanian Deadlift	3	15	60 SEC			
B1) Half Kneeling Overhead Press	3	15/e	0 SEC			
B2) Banded Dead Bug	3	15/e	60 SEC			
C1) Rotational High Pull	3	15/e	0 SEC			
C2) Bear Knee Tap	3	15/e	60 SEC			

Workout 2 - Total Body B				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Standing Row + External Rotation	3	15	0 SEC			
A2) Offset Step Up / Offset Reverse Lunge	3	15/e	60 SEC			
B1) Band Superman Pull-Up	3	15	0 SEC			
B2) Half Kneeling Pallof Press	3	15/e	60 SEC			
C1) DB Single-Arm Swing	3	15/e	0 SEC			
C2) DB Tall Plank Drag	3	15/e	60 SEC			

Workout 3 - Total Body A				Sets		
EXERCISE	SETS	REPS	REST	1	2	3
A1) Side Plank Row	3	15/e	0 SEC			
A2) Romanian Deadlift	3	15	60 SEC			
B1) Half Kneeling Overhead Press	3	15/e	0 SEC			
B2) Banded Dead Bug	3	15/e	60 SEC			
C1) Rotational High Pull	3	15/e	0 SEC			
C2) Bear Knee Tap	3	15/e	60 SEC			

*** Click/Tap on the exercise names in order to watch a demo video of the exercises! ***

ADDITIONAL WORKOUT OPTIONS

If you are more experienced or looking for a more advanced challenge, try incorporating some of these techniques into the workouts from this block:

1. **SHORTENED ROM** - The heavy compound lifts (highlighted in green) already use many different muscle groups all at once. Instead of moving through a full range of motion, make those muscles work even harder by stopping just shy of full extension on each rep. This will create a “pump” sensation caused by metabolic byproducts, which leads to a greater stress response.
2. **SUPPLEMENTAL WORK** - This program will help cover most of your bases fitness-wise, but you’re welcome to tack on any extra exercises/techniques as you see fit for your goals! If you want to work out a specific muscle group more, or train a specific movement pattern, place this supplemental work within the given workouts.
3. **INCREASED TEMPO** - Speeding up your rep speed can be a great way to create explosive power. Specifically, adding an element of controlled speed to the concentric half of a movement is tough! Try this technique out on the heavy compound lifts. Use in combination with a shortened ROM for a great workout!
4. **DECREASED TEMPO** - On the flip side, slowing down your rep speed creates more time under tension and can make any given weight feel more challenging. This is convenient if you are using the maximum weight that you have access to but it still feels too easy. Slow down the eccentric half of a movement to force muscular control. This also works well for the heavy compound lifts.
5. **FOCUS** - Do not underestimate the power of the mind-muscle connection. This isn’t magic of course, but focusing on the muscles that are working to create the movement of each exercise can take your workouts to a new level. Rather than whipping a too-heavy weight around without much thought, grab an appropriate weight and watch your muscles contract under tension. It’s beautiful, too!