

RISE FROM  
**H O M E**  
CHALLENGE



*RISE FROM HOME CHALLENGE WEEK 3*

***JOE DELANEY AT HOME WORKOUT***



# RISE FROM HOME CHALLENGE

## // How it works

Required material	Reps / Time	Workout Details
<b>Dip Station Resistance Bands</b>	// Set 1: Take 2 reps to failure // Set 2: Take 1 rep to failure // Set 3: Take 1 rep to failure // Set 4: Take to failure	For this workout, you may use a dip station & resistance bands. Don't worry if you don't have this equipment at home as any of these exercises can be done with a bodyweight variation.

## // Circuit

Exercise Name	Reps / Time	Exercise Details
<b>Weighted Dips</b>	4 sets	You should make sure to: // Complete full range of motion on the entire movement
<b>Inverted Body Weight Row</b>	4 sets	You should make sure to: // Contract your muscles at the top of the movement
<b>Banded Bulgarian Split Squats</b>	4 sets Each Side	You should make sure to: // Keep your knee in line with your front foot
<b>Banded Lateral Raise</b>	4 sets Each Side	You should make sure to: // Keep your elbow in line with your shoulder

<b>Banded Bicep Curls</b>	4 sets	You should make sure to: // Complete full range of motion on the entire movement
<b>Banded Tricep Extensions</b>	4 sets	You should make sure to: // Keep your upper body as still as possible // Try not to swing
<b>Bent Over Band Rows</b>	4 sets	You should make sure to: // Keep your back as straight as possible
<b>Band Lat Pulldown</b>	4 sets	You should make sure to: // Slow Progression: Count to 3 during each rep
<b>Upside Down Push-Ups</b>	As many as you can	You should make sure to: // Engage your core muscles to stay balanced on each rep

// Bonus

See Joe Delaney in action!  
Visit [www.risestore.com](http://www.risestore.com) to view a video of this workout.