

X3 Triple the Gains

X3bar.com

See the full 12 week X3 training program including nutritional programming on JaquishBiomedical.com

Workout 1



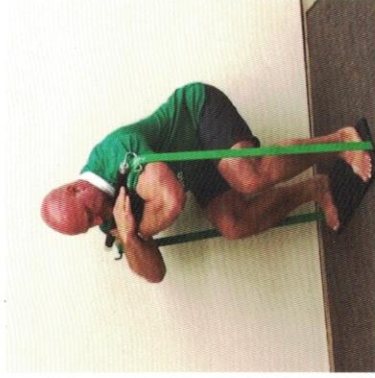
Chest Press: Band is doubled, wrapped around shoulders below the deltoids.



Tricep Pushdown: Band is doubled, wrapped around trapezius muscles, NOT the neck.



Overhead Press: Band is singled, wrapped around ground plate and pressed overhead. Bottom position is at chin level.



Squat: Band is wrapped around the ground plate and held on top of shoulders.

Workout 2



Deadlift: Band is doubled, wrapped around the ground plate. Body bends



Bicep Curl: Band is wrapped under the ground plate and lifted to focus on



Bent Row: Band is doubled, wrapped around ground plate pulled into the



Calf Raise: Band is doubled around the ground plate, heels are raised for

X3 Do and Do Nots

Read this before using your X3, and regularly as required to remain familiar with the best practices for X3 use.

Do:

Do watch the introduction video for the X3 12 Week Program before working out. This video can be found in the Member's section of the Jaquish Biomedical website (www.jaquishbiomedical.com).

Do start with the white band for the first workouts and only move up in difficulty once you are able to complete 40 slow and controlled reps with it.

Do take care to position yourself so that your weight is centered directly over the band channel for all exercises that require the use of the ground plate.

Do ensure that the bands are centered in the ground plate channel prior to starting each workout and remain centered throughout the entire exercise.

Do use a neutral grip, and keep your wrists straight and your thumb wrapped around the bar for all exercises.

Do keep your elbows flared out at 45 degrees from your body when performing the chest press.

Do perform your X3 exercises slowly and in a controlled fashion. If you cannot perform repetitions slowly, while maintaining complete control of the bar, select an easier band.

Do watch all instructional videos and read all documentation provided with the X3.

Do Not:

Do not apply glue or solvents to your bands.

Do not perform exercises with a band if you cannot perform at least 15 slow and controlled repetitions with that band.

Do not utilize a "suicide grip" where you grip the bar without wrapping your thumb around it.

Do not use the ground plate to perform the split squat exercise.

Do not use the X3 on slippery, unstable, or rough surfaces.

Do not step off the ground plate if there is still tension in the band.