

# 4 Week Resistance Band Workout Program

Created by [Murshid Akram](#)

Administrator of [The Fitness Phantom](#)

Article Link: <https://thefitnessphantom.com/4-week-resistance-band-training-program-pdf/>

## Summary

Routine Type	Full body
Duration	4-Weeks
Frequency	4 Days a Week
Goal	Grow strength, muscles, and balance
Level	Beginner to Intermediate
Suitable for	Men and Women
Duration of one Session	45-60 minutes
Rest between exercise	1-3 minute

You can do the exercises in a circuit or as you usually do – whichever suits you the best.

For example, if you do in a circuit, you'll have to perform each exercise at least once until you complete the circuit with as little rest as possible between workouts.

However, if you follow a typical pattern, you'll have to complete the suggested sets and reps of one workout before doing the next ones.

Both the patterns are good, so you can do whatever you like.

Note: Increase the resistance (load) as you progress during the program.

**Exercises that you can include in the routine:**

- [Resistance Band Tricep Exercises](#)
- [Resistance Band Biceps Workouts](#)
- [Chest Workout with Bands](#)
- [Resistance Bands Core Workout](#)

Okay! So let's uncover the workout plan.

## Week 1

### Monday

Workout	Reps	Muscles
<a href="#">Resistance Band Squat</a>	15 x 2	Quad
<a href="#">Banded Floor Press</a>	15 x 2	Chest, Tricep
<a href="#">Overhead Press</a>	15 x 2	Shoulder
<a href="#">Banded Lateral Walk</a>	10 x 2	Legs
<a href="#">Banded Bent-over Row</a>	15 x 2	Back
<a href="#">Banded Flutter Kicks</a>	10 x 2	Core
Banded Seated Bicep Curl	15 x 2	Biceps

### Tuesday

Workout	Reps	Muscles
<a href="#">Banded Curtsy Lunge</a>	15 x 2	Quad
<a href="#">Upward Chest Fly</a>	15 x 2	Chest
Band Seated Rowing	15 x 2	Back
<a href="#">Banded Deadlift</a>	15 x 2	Back, Legs
<a href="#">Lateral Raises</a>	10 x 2	Shoulder
<a href="#">Banded Reverse Fly</a>	10 x 2	Shoulder, Back
<a href="#">Banded Glute Bridge</a>	10 x 2	Glute

### Thursday

Banded Floor Press	10 x 3	Chest, Tricep
Banded Lateral Walk	10 x 2	Legs
Banded Hammer Curl	10 x 2	Biceps

<a href="#">Banded Hamstring Curl</a>	10 x 2	Hamstring
Banded Lateral Raise	10 x 2	Shoulder
Banded Good Morning	6 x 2	Ham, Lower Back
Banded Shoulder Shrug	10 x 3	Shoulder
<a href="#">Banded Pull Through</a>	10 x 2	Glute

## Friday

Workout	Reps	Muscles
Resistance Band Squat	10 x 3	Quads
Banded Pendley Rows	10 x 3	Back
Behind The Neck Tricep Extension	10 x 2	Triceps
Banded Bicep Curls	10 x 2	Biceps
<a href="#">Banded Leg Extension</a>	10 x 2	Quad
Banded Romanian Deadlift	6 x 2	Hamstrings
Banded Facepull	10 x 2	Shoulder, Back

## Week 2

### Monday

Workout	Reps	Muscles
Banded Deadlift	AMRAP x 3	Leg, back
Banded Pushup	AMRAP x 2	Chest, Tricep
Standing Chest Fly	10 x 3	Chest
Banded Overhead Press	10 x 3	Shoulder
Banded Lateral Walk	10 x 2	Legs
Banded Upright Row	10 x 3	Shoulder, Back
Banded Calf Raises	10 x 2	Calves
<a href="#">Banded Glute Kickback</a>	10 x 2	Glute

**Tuesday**

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Banded Bent-over Row	10 x 3	Back
Banded Reverse Lunge	10 x 2	Legs
Tricep Kickback	10 x 2	Triceps
Banded Bicep Curls	10 x 3	Biceps
Banded Good Morning	6 x 2	Ham, Back
Banded Facepull	10 x 2	Shoulder, Back
Banded Pull Through	10 x 2	Glute, Ham

**Thursday**

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
<a href="#">Banded Step-Up</a>	10 x 2	Quad
Banded Mountain Climber	10 x 2	Core
Banded Front Raises	10 x 2	Shoulder
Standing Reverse Fly	10 x 2	Shoulder, Back
Single-arm Floor Press	10 x 2	Chest, Triceps
Pendley Rows	10 x 2	Back, Biceps
Standing Oblique Crunch	10 x 2	Core

**Friday**

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Banded Deadlift	6 x 3	Legs, Back
Banded Curtsy Lunge	10 x 2	Legs
Banded Floor Press	10 x 3	Chest, Triceps
Banded Lateral Raises	10 x 2	Shoulder
Banded Hip Thrust	10 x 2	Glute, Hams
Banded One-arm Row	8 x 2	Back
Banded Romanian Deadlift	6 x 2	Hams, Back

**Week 3**

**Monday**

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Resistance Band Squat	10 x 3	Legs
Overhead Press	10 x 3	Shoulder
Upward Chest Fly	10 x 2	Chest
<a href="#">Banded Pendley Rows</a>	10 x 3	Back
Banded Good Morning	10 x 2	Ham, Back
Overhead Tricep Extension	10 x 2	Tricep
Standing Oblique Crunch	10 x 2	Core
Banded Facepull	10 x 2	Shoulder, Back

**Tuesday**

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Banded Floor Press	10 x 3	Chest
Banded Deadlift	6 x 3	Full Body
Banded Seated Rowing	10 x 3	Back
Banded Pulldown	10 x 3	Back
Banded Curtsy Lunge	10 x 2	Legs
Standing Reverse Fly	10 x 2	Shoulder, Back
Overhead Tricep Extension	10 x 2	Triceps

**Thursday**

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Banded Overhead Press	10 x 3	Shoulder
Banded Pendley Rows	10 x 3	Back
Banded Squat	10 x 3	Legs
Lateral Raises	10 x 2	Shoulder
Banded Facepull	10 x 2	Shoulder, Back
Banded Romanian Deadlift	10 x 2	Ham, Back
Banded Calf Raises	10 x 2	Calves

## Friday

Workout	Reps	Muscles
Banded Deadlift	6 x 3	Full Body
Standing Oblique Crunch	10 x 2	Core
<a href="#">Banded Concentration Curls</a>	10 x 2	Biceps
Banded Front Raises	10 x 2	Shoulder
Banded Upright Row	10 x 3	Shoulder
Tricep Kickback	10 x 2	Triceps
Standing Chest Fly	10 x 2	Chest

## Week 4

### Monday

Workout	Reps	Muscles
Banded Floor Press	10 x 3	Chest
Banded Squat	10 x 3	Legs
Banded Good Morning	10 x 2	Hams
Banded Curtsy Lunge	10 x 2	Legs
<a href="#">Banded Pulldown</a>	10 x 3	Back
Overhead Tricep Extension	10 x 2	Triceps
Banded Glute Kickback	10 x 2	Glute

### Tuesday

Banded Overhead Press	10 x 3	Shoulder
Banded Pendley Rows	10 x 3	Back
Standing Oblique Crunch	10 x 2	Core
Lateral Raises	10 x 2	Shoulder
Standing Reverse Fly	10 x 2	Shoulder, Back
Banded Pushup	10 x 2	Chest, Triceps
Banded Calf Raises	10 x 2	Calves

### Thursday

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Banded Deadlift	6 x 3	Full body
<a href="#">Banded Concentration Curls</a>	10 x 2	Biceps
Banded Facepull	10 x 2	Back, Shoulder
Tricep Kickback	10 x 2	Triceps
Standing Chest Fly	10 x 2	Chest
Banded Pulldown	10 x 3	Back
Banded Good Morning	10 x 2	Hamstring

### Friday

<b>Workout</b>	<b>Reps</b>	<b>Muscles</b>
Banded Floor Press	10 x 3	Chest
Banded Overhead Press	10 x 3	Shoulder
Banded Squat	10 x 3	Legs
Banded Pendley Rows	10 x 3	Back
Standing Oblique Crunch	10 x 2	Core
Banded Curtsy Lunge	10 x 2	Legs
Overhead Tricep Extension	10 x 2	Triceps
Banded Upright Row	10 x 3	Shoulder

Related:

- [Do Resistance Bands Build Muscle?](#)
- [4 Week Kettlebell Program With PDF](#)
- [Free 6 Week Bodyweight Training Plan with PDF](#)
- [12 Week Body Transformation Workout Plan](#)
- [12 Week Dumbbell Workout Plan](#)



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