

12 Week Resistance Band Training Program

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Article Link: <https://thefitnessphantom.com/12-week-resistance-band-training-program/>

Whether you're a beginner or intermediate, if you work out at home with bands then this article can be helpful for you. Here, I've shared a 12 week resistance band training program that can help you build muscles, increase strength and mobility at home.

I've made this workout program with the help of this [complete list of resistance band exercises](#). So you can also check out if you want to design your routine.

Related: [Do Resistance Bands Build Muscle?](#)

Summary

Weeks 1-4

Weeks 5-8

Weeks 9-12

In this phase, you'll do full-body resistance band workouts to increase your strength, mobility, flexibility, and endurance.	During this period, you'll work on growing lean mass by focusing on upper and lower body muscles specifically.	In the last phase, you'll challenge your strength by increasing resistance and reducing the interval time between sets.
4 Days a Week	5 Days a Week	6 Days a Weeks

Level	Targeted Gender	Duration/Session
Beginner to Intermediate	Male and Female	30-45 minutes

Types of Band Require

The various bands you have, the better you'll perform exercises. Because the several exercises require different tension levels, for example, you need the heavy band to perform the Deadlift and light to the medium band to perform the bicep curl.

You can use the bands whose tension levels are:

- 3-7 kg

- 5-15 kg
- 15-30 kg
- 30-75 kg

I've selected a few [resistance bands](#), you can check them out.

12 Week Resistance Band Training Program

- Week 1-4: Full Body Resistance Band Workout
- Week 5-8: Upper/Lower Split
- Week 9-12: Push/Pull/Legs Exercises

Week 1-4: Full-Body Resistance Band Workouts

- Monday: **Workout**
- Tuesday: **Workout**
- Wednesday: Rest
- Thursday: **Workout**
- Friday: **Workout**
- Saturday: Rest
- Sunday: Rest

Monday

Workout	Reps	Muscles	Rest
Resistance Band Squat	8-12 x 3	Quadriceps	1-2 min
Resistance Band Floor Press	8-12 x 3	Chest, Tricep	1-2 min
Resistance Band Overhead Press	8-12 x 3	Shoulder	1-2 min
Resistance Band Bent-over Row	8-12 x 3	Back	1-2 min
Resistance Band Seated Bicep Curl	8-12 x 3	Biceps	1-2 min

Tuesday

Workout	Reps	Muscles	Rest
Resistance Band Deadlift	6-8 x 3	Full Body	1-2 min
Banded Curtsy Lunge	8-10 x 3	Quadriceps	60-90 sec
Resistance Band Upward Chest Fly	8-12 x 3	Chest	60-90 sec
Resistance Band Seated Rowing	8-12 x 3	Back	1-2 min
Lateral Raises	8-12 x 3	Shoulder	1-2 min

Thursday

Workout	Reps	Muscles	Rest
Resistance Band Floor Press	8-12 x 3	Chest, Tricep	1-2 min
Resistance Band Reverse Fly	8-10 x 3	Back, Shoulder	1-2 min
One-arm Overhead Tricep Extension	8-12 x 3	Triceps	45-60 sec
Resistance Band Good Morning	6-10 x 3	Hamstring, Lower Back	1-2 min

Resistance Band Upright Row	8-12 x 3	Shoulder, Upper Back	1-2 min
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Friday

Workout	Reps	Muscles	Rest
Resistance Band Squat	10-12 x 3	Quads	1-2 min
Resistance Band Pendley Rows	8-12 x 3	Back	1-2 min
Banded Single-arm Floor Press	8-12 x 3	Chest	1-2 min

Resistance Band Overhead Press	8-12 x 3	Shoulder	1-2 min
Banded Romanian Deadlift	6-8 x 3	Hamstrings	1-2 min

Week 5-8: Upper/Lower Body Resistance Band Exercises

- **Monday:** Chest, Triceps, and Front Shoulder
- **Tuesday:** Quadriceps, Hamstrings, Glutes, and Calves
- **Wednesday:** Back, Biceps, and Rear Shoulder
- **Thursday:** Rest
- **Friday:** Quadriceps, Hamstrings, Glutes, and Calves
- **Saturday:** Back, Chest, Lateral Deltoid, and Core
- **Sunday:** Rest

Monday: Chest, Triceps, and Front Shoulder

Workout	Reps	Muscles	Rest

Resistance Band Bench Press	10 x 3	Chest	1-2 min
Resistance Band Upward Chest Fly	10 x 3	Chest	1-2 min
Overhead Tricep Extension	10 x 3	Triceps	1-2 min
Resistance Band Overhead Press	10 x 3	Shoulder	1-2 min
Resistance Band Front Raises	10 x 3	Shoulder	1-2 min
Resistance Band Triceps Kickback	10 x 2	Triceps	1-2 min

Tuesday: Quadriceps, Hamstrings, Glutes, and Calves

Workout	Reps	Muscles	Rest
Resistance Band Squat	12-15 x 3	Quadriceps	1-2 min
Resistance Band Lateral Walk	8-10 x 3	Quadriceps	60-90 sec
Resistance Band Romanian Deadlift	6-8 x 3	Hamstrings	60-90 sec
Glute Kickback on All Fours	8-10 x 3	Glutes	60-90 sec
Banded Good Morning	10 x 2	Ham, Back	60-90 sec

Banded Calf Raises	10 x 3	Calves	60-90 sec
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Wednesday: Back, Biceps, and Rear Shoulder

Workout	Reps	Muscles	Rest
Resistance Band Deadlift	6-8 x 3	Back	1-2 min
Resistance Band Bent-over Row	8-12 x 3	Back	1-2 min
Resistance Band Seated Row	8-12 x 3	Back	1-2 min

Standing Banded Biceps Curl	8-12 x 3	Biceps	1-2 min
Resistance Band Concentration Curl	8-12 x 3	Biceps	1-2 min
Resistance Band Upright Row	8-12 x 3	Shoulder, Back	1-2 min

Friday: Quadriceps, Glutes, and Hamstrings

Workout	Reps	Muscles	Rest
Banded Curtsy Lunge to Squat	12-15 x 3	Quadriceps	1-2 min

Resistance Band Leg Extension	8-10 x 3	Quadriceps	1-2 min
Resistance Band Leg Curl	8-10 x 3	Hamstrings	1-2 min
Leaning Forward Standing Glute Kickback	8-10 x 3	Glutes	60-90 sec
Resistance Band Sumo Squat	8-10 x 3	Quadriceps	60-90 sec
Resistance Band Calf Raises	10-12 x 3	Calves	60-90 sec

Saturday: Back, Chest, Lateral Deltoid, and Core

Workout	Reps	Muscles	Rest
Resistance Band Bench Press	8-12 x 3	Chest	1-2 min
Narrow Grip Banded Floor Press	8-12 x 3	Chest	1-2 min
Banded Pendlay Rows	8-12 x 3	Back	1-2 min
Banded Seated Rowing	8-12 x 3	Back	1-2 min
Resistance Band Lateral Raises	8-12 x 3	Shoulder	1-2 min

Resistance Band Standing Side Bend	8-12 x 3	Oblique	1-2 min
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Week 9-12: Push/Pull/Legs Exercises

Press, extensions, and raises are examples of push exercises. Push exercises primarily work on the chest, triceps, and shoulders.

On the other hand, rowing and pulling are examples of pull workouts. And pull exercises engage the back, biceps, and rear deltoid muscles.

While leg days include exercises for the quads, [hamstring](#), glutes, and calves. Moreover, you can also incorporate some [resistance band abs exercises](#) during your leg days.

- **Monday:** Resistance Band Push Workout
- **Tuesday:** Resistance Band Pull Workout
- **Wednesday:** Resistance Band Legs Workout
- **Thursday:** Resistance Band Push Workout
- **Friday:** Resistance Band Pull Workout
- **Saturday:** Resistance Band Legs Workout
- **Sunday:** Rest

Monday: Resistance Band Push Workout

Workout	Reps	Muscles	Rest
Resistance Band Bench Press	10 x 3	Chest	1-2 min
Narrow Grip Banded Floor Press	10 x 3	Chest	1-2 min
Resistance Band Overhead Press	10 x 3	Triceps	1-2 min
Resistance Band Lateral Raises	10 x 3	Shoulder	1-2 min
Resistance One-arm Tricep Extension	10 x 3	Shoulder	1-2 min

Resistance Band Triceps Kickback	10 x 2	Triceps	1-2 min
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Tuesday: Resistance Band Pull Workout

Workout	Reps	Muscles	Rest
Resistance Band Deadlift	6-8 x 3	Back	1-2 min
Resistance Band Bent-over Row	8-12 x 3	Back	1-2 min
Resistance Band Seated Row	8-12 x 3	Back	1-2 min

Standing Banded Biceps Curl	8-12 x 3	Biceps	1-2 min
Resistance Band Concentration Curl	8-12 x 3	Biceps	1-2 min
Resistance Band Upright Row	8-12 x 3	Shoulder, Back	1-2 min

Wednesday: Resistance Band Legs Workout

Workout	Reps	Muscles	Rest
Resistance Band Squat	12-15 x 3	Quads	1-2 min

Resistance Band Squat Jacks	8-10 x 3	Quads	1-2 min
Resistance Band Romanian Deadlift	6-8 x 3	Hams	1-2 min
Resistance Band Donkey Kick	8-10 x 3	Glutes	1-2 min
Banded Good Morning	10 x 2	Hamstring	1-2 min
Banded Calf Raises	10 x 3	Calves	1-2 min

Thursday: Resistance Band Push Workout

Workout	Reps	Muscles	Rest
Resistance Band Bench Press	10 x 3	Chest	1-2 min
Resistance Band Chest Fly	10 x 3	Chest	1-2 min
Resistance Band Overhead Press	10 x 3	Shoulder	1-2 min
Resistance Band Front Raises	10 x 3	Shoulder	1-2 min
Resistance Band Lateral Raises	10 x 3	Shoulder	1-2 min

Narrow Grip Banded Floor Press	10 x 2	Triceps	1-2 min
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Friday: Resistance Band Pull Workout

Workout	Reps	Muscles	Rest
Resistance Band Bent-over Row	6-8 x 3	Back	1-2 min
Resistance Band Seated Row	8-12 x 3	Back	1-2 min
Resistance Band Single-arm Row	8-12 x 3	Back	1-2 min

Resistance Band Reverse Fly	8-12 x 3	Back, Shoulder	1-2 min
Standing Banded Biceps Curl	8-12 x 3	Biceps	1-2 min
Resistance Band Hammer Curl	8-12 x 3	Biceps	1-2 min

Saturday: Resistance Band Legs Workout

Workout	Reps	Muscles	Rest
Resistance Band Sumo Squat	12-15 x 3	Quads	1-2 min

Resistance Band Leg Press	8-10 x 3	Quads	1-2 min
Resistance Band Leg Extension	10-12 x 3	Quads	1-2 min
Resistance Band Romanian Deadlift	8-10 x 3	Glutes	1-2 min
Resistance Band Donkey Kick	10 x 2	Hamstring	1-2 min
Banded Calf Raises	10 x 3	Calves	1-2 min

Frequently Asked Questions

Can I Add Bodyweight Or Dumbbell Exercises To This Program?

Yes, you can add as many dumbbell and [bodyweight exercises](#) as you want and rearrange them according to your need.

Here you can get a complete [list of dumbbell exercises](#).

Can I Follow This Workout Routine To Lose Weight?

You can, but the results won't be significant. You can do [HIIT](#) and [compound lifts](#) to speed up your [weight loss](#). However, your weight loss primarily depends on calorie consumption. So, you should focus more on diet than exercise.

Can I Modify This Resistance Band Training Program Based On My Fitness Levels And Goals?

Yes, you can make some changes to this workout routine based on your goal. For example, you can increase or decrease the resistance level, the interval time between sets, and the number of reps and sets.

However, if you're not sure what to change, you can do as suggested in this program.

Final Words

Having an effective workout program helps you train in an organized way and produce the desired results. That's why I've shared this resistance band 12 week training program so you can train effectively at home.

This workout plan will help you build muscles, enhance strength and mobility at home with only resistance bands.