

Full Body Resistance Band Workout For Men & Women

1 Resistance Band Chest Workouts

[1.1 Resistance Band Floor Press](#)

[1.2 Resistance Band Pushup](#)

[1.3 Standing Resistance Band Chest Press](#)

[1.4 Standing Resistance Band Incline Press](#)

[1.5 Resistance Band Upward Chest Fly](#)

2 Resistance Band Exercises for Back

[2.1 Resistance Band Bent-over Row](#)

[2.2 Seated Resistance Band Row](#)

[2.3 Resistance Band Deadlift](#)

[2.4 Seated Band Lat Pulldown](#)

[2.5 Lying Resistance Band Superman Pull](#)

3 Resistance Band Workouts for Lower Body

[3.1 Resistance Band Squat](#)

[3.2 Banded Curtsy Lunge to Squat](#)

[3.3 Resistance Band Leg Press](#)

[3.4 Banded Single Leg Deadlift](#)

[3.5 Resistance Band Donkey Kick](#)

[3.6 Resistance Band Leg Extension](#)

[3.7 Resistance Band Leg Curl](#)

[3.8 Banded Hip Thrust](#)

4 Resistance Band Exercises For Shoulder

[4.1 Resistance Band Overhead Press](#)

[4.2 Resistance Band Front Raises](#)

[4.3 Banded Lateral Raises](#)

[4.4 Resistance Band Bent Over Reverse Fly](#)

[4.5 Banded Upright Row](#)

[4.6 Resistance Band Shrug](#)

5 Resistance Band Arms Workouts

[5.1 Resistance Band Tricep Pushdown](#)

[5.2 Banded Overhead Tricep Extension](#)

[5.3 Banded Triceps Kickback](#)

[5.4 Banded Triangle Pushup](#)

[5.5 Standing Banded Bicep Curl](#)

[5.6 Banded Concentration Curl](#)

[5.7 Resistance Band Hammer Curl](#)

[5.8 Banded Wrist Curl](#)

6 Resistance Band Exercises For Abs and Oblique

[6.1 Banded Side Bend](#)

[6.2 Banded Flutter Kicks](#)

[6.3 Banded Russian Twist](#)

[6.4 Resistance Band Bird Dog](#)

[6.5 Banded Wood Chop](#)

[6.6 Side Plank Band Pull](#)

[6.7 Resistance Band Dead Bug](#)

Resistance Band Full Body Workout Routine

Summary

- **Time for one session:**

- 30 minutes
- **Suitable Gender:**
 - Male and Female
- **The Number of Training Days per Week:**
 - 3 Days
- **How to perform exercises:**
 - Do the suggested sets and reps of an exercise before doing on another.

Related: [12 Week Resistance Band Training Program with Free PDF](#)

Workout	Muscles Worked	Reps
Resistance Band Floor Press	Chest	4 x 10
Resistance Band Squat	Quad	4 x 10
Resistance Band Overhead Press	Shoulder	3 x 10
Resistance Band Bent-over Row	Back	3 x 10
Standing Banded Bicep Curl	Biceps	3 x 10

Workout	Muscles Worked	Reps
Resistance Band Deadlift	Rear Body	3 x 6
Seated Resistance Band Row	Back	4 x 10
Resistance Band Leg Press	Legs	3 x 10
Resistance Band Front Raises	Shoulder	3 x 10
Banded Lateral Raises	Shoulder	3 x 10

Workout	Muscles Worked	Reps
Resistance Band Floor Press	Chest	4 x 10
Resistance Band Overhead Press	Shoulder	4 x 10
Banded Hip Thrust/Donkey Kick	Glute and Ham	3 x 10
Banded Overhead Tricep Extension	Triceps	3 x 10
Banded Side Bend	Core	2 x 10