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Upper Body Resistance Band Workout Routine

15 Minute Workout To Get Started

- Suggested reps and sets: 10-12 x 3
- Rest between sets: 1-2 minute

Push Workout	Pull Workout
Resistance Band Floor Press	Resistance Band Bent-over Row
Resistance Band Overhead Press	Seated Resistance Band Row
Banded Lateral Raises	Banded Concentration Curl
One-arm Tricep Extension	Resistance Band Rear Delt Fly

30 Minute Workout To Build Muscles

- Suggested reps and sets: 10-12 x 3
- Rest between sets: 1-2 minute

Push Workout	Pull Workout
Resistance Band Pushups	Resistance Band Lat Pulldown
Resistance Band Floor Press	Resistance Band Bent-over Row
Resistance Band Overhead Press	Seated Resistance Band Row
Banded Lateral Raises	Banded Concentration Curl
One-arm Tricep Extension	Resistance Band Rear Delt Fly

45 Minute Workout To Maximize Strength And Gain

- Suggested reps and sets: 10-12 x 3
- Rest between sets: 1-2 minute

Push Workout	Pull Workout
Resistance Band Pushups	Resistance Band Lat Pulldown
Resistance Band Floor Press	Resistance Band Bent-over Row
Resistance Band Overhead Press	Resistance Band Superman Pull
Banded Lateral Raises	Standing Banded Bicep Curl
Banded Triangle Pushups	Banded Concentration Curl
One-arm Tricep Extension	Resistance Band Rear Delt Fly

Related Workout Routine:

1. [The Ultimate 5 Day Resistance Band Workout Routine](#)
2. [30-Minute Resistance Band Workout For 30 Days \(PDF\)](#)