

BEST 30-DAY RESISTANCE BAND WORKOUT PLAN TO BUILD MUSCLE AT HOME

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Full URL: <https://thefitnessphantom.com/30-minute-resistance-band-workout-for-30-days>

Program Summary & Description

Equipment Needed	Set of Resistance Bands
Program Duration	30 Days
Split Type	Full Body, Upper-Lower, PPL, & Mix
Workout Goal	Build Strength, Muscle, & Balance
Sessions per Week	4-6
Duration/session	30 Minutes
Target Gender	Male and Female
Experience Needed	Beginner to Intermediate
Alternate Program	20-Minute Band Workout (6x Weekly)

This resistance band workout routine is divided into 4 weeks. Each week has a different split from the other, such as Full-Body training in the first week, Push-Pull-Leg split in the second, Upper/Lower split in the third, and Hybrid split in the fourth week.

You'll train four times weekly during the total body workout and five days when you do the PPL, body part, and hybrid split.

This program also involves [Supersets](#) and [circuit training](#), the two best approaches for getting more work done in less time.

The combination of multiple training splits and rep-set techniques keeps you motivated and helps you enhance your overall fitness.

This routine involves performing six exercises per session, completing three sets, and spending five minutes on each.

Perform a 5-minute quick warm-up before starting the main exercises.

- Week 1 – Full Body Resistance Band Workout
- Week 2 – Push-Pull-Legs (PPL) Split
- Week 3 – Upper/Lower Split
- Week 4 – Hybrid Split

Week 1 – 30 Minute Full Body Resistance Band Workout

Monday

Exercises	Sets	Reps	Target Muscle
Front Squat	3	20-30	Quads
Bent-over Row	3	15-20	Back
Overhead Press	3	15-20	Shoulder
Floor Press	3	15-20	Chest
Lying Leg Curl	3	15-20	Hamstrings

Tuesday

Exercises	Sets	Reps	Target Muscle
Banded Pushup	3	15-20	Chest
Suitcase Deadlift	3	15-20	Posterior Chain
Prone Row	3	15-20	Back
Lateral Raises	3	15-20	Shoulder
Banded Lunges	3	15-20	Quads

Thursday

Exercises	Sets	Reps	Target Muscle
Sumo Squats	3	15-20	Thighs
Banded Upright Row	3	15-20	Posterior Chain
Banded Seated Row	3	15-20	Back
Overhead Tricep Extension	3	15/arm	Triceps
Banded Good Morning	3	15-20	Hamstrings

Saturday

Exercises	Sets	Reps	Target Muscle
Romanian Deadlift	3	12-14	Hamstrings
Banded Lat Pulldown	3	15-20	Back
Banded Triangle Pushup	3	15-20	Chest, Tris
Bent-Over Reverse Fly	3	15/arm	Rear Delts
Resistance Band Bird Dog	3	6/side	Full Body

Week 2 – Push Pull Legs Split Workout

Monday – Push Workout

Exercises	Sets	Reps	Target Muscle
Banded Pushup	3	15-20	Chest
Banded Floor Press	3	15-20	Chest
Shoulder Press	3	15-20	Shoulder
Lateral Raises	3	15-20	Shoulder
Banded Triceps Kickback	3	10/arm	Triceps

Tuesday – Pull Workout

Exercises	Sets	Reps	Target Muscle
Lat Pulldown	3	15-20	Back
Bent-over Row	3	15-20	Back
Pull Aparts	3	15-20	Shoulder
Single-arm Biceps Curls	3	15/arm	Biceps
Hammer Curls	3	15-20	Biceps

Wednesday – Legs Workout

Exercises	Sets	Reps	Target Muscle
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Lateral Band Walk	3	10/side	Lower Body
Front Squats	3	15-20	Quads
Lunges	3	10/leg	Quads
Romanian Deadlift	3	15-20	Hamstrings
Calf Raises	3	15/leg	Calves

Thursday – Push Workout

Exercises	Sets	Reps	Target Muscle
Incline Chest Press	3	15-20	Chest
Close-Grip Pushup	3	15-20	Chest
Alternate Front Raises	3	15-20	Shoulder
Lateral Raises	3	15-20	Shoulder
Overhand Triceps Extension	3	10/arm	Triceps

Friday – Pull Workout

Exercises	Sets	Reps	Target Muscle
Prone Row	3	15-20	Back
Seated Band Row	3	15-20	Back
Upright Row	3	15-20	Shoulder
Face Pull	3	15-20	Trapezius
Concentration Curls	3	15/arm	Biceps

Saturday – Legs Workout

Exercises	Sets	Reps	Target Muscle
Sumo Squats	3	10/side	Legs, Glutes
Single-leg Deadlift	3	15-20	Lower Body
Cossack Squat	3	10/leg	Thighs
Lying Leg Curl	3	15-20	Hamstrings
Glute Kickback	3	10/leg	Glutes

Week 3 – 30 Minute Upper/Lower Split Band Workout

Monday – Upper Body Workout

Exercises	Sets	Reps	Target Muscle
Banded Pushup	3	15-20	Chest
Banded Floor Press	3	15-20	Chest
Shoulder Press	3	15-20	Shoulder
Lateral Raises	3	15-20	Shoulder
Banded Bench Dips	3	15-20	Triceps

Tuesday – Lower Body Workout

Exercises	Sets	Reps	Target Muscle
Lateral Band Walk	3	10/side	Lower Body
Front Squats	3	15-20	Quads
Forward Lunges	3	10/leg	Quads
Romanian Deadlift	3	15-20	Hamstrings
Calf Raises	3	15/leg	Calves

Wednesday – Upper Body Workout

Exercises	Sets	Reps	Target Muscle
Lat Pulldown	3	15-20	Back
Bent-over Row	3	15-20	Back
Pull Aparts	3	15-20	Shoulder
Lat Pullover	3	15/arm	Upper Body
Hammer Curls	3	15-20	Biceps

Thursday – Rest or Abs

Exercises	Sets	Reps	Target Muscle
Banded Bird Dog	3	6/side	Abdominals
Banded Reverse Crunch	3	15-20	Lower Abs
High to Low Band Chop	3	10/side	Obliques
Kneeling Band Crunches	3	15-20	Upper Abs
Banded Hip Bridge	3	15-20	Hips & Glutes

Friday – Lower Body Workout

Exercises	Sets	Reps	Target Muscle
Single-leg Deadlift	3	10/side	Lower Body
Leg Extension	3	15-20	Quads
Cossack Squat	3	10/leg	Thighs
Lying Leg Curl	3	15-20	Hamstrings
Glute Kickback	3	10/leg	Glutes

Saturday – Upper Body Workout

Exercises	Sets	Reps	Target Muscle
Single-leg Deadlift	3	10/side	Lower Body
Leg Extension	3	15-20	Quads
Cossack Squat	3	10/leg	Thighs
Lying Leg Curl	3	15-20	Hamstrings
Glute Kickback	3	10/leg	Glutes

Week 3 – Resistance Band Hybrid Split Workout

Monday – Full Body Strength

Exercises	Sets	Reps	Target Muscle
Overhead Press	3	10/side	Lower Body
Squats	3	15-20	Quads
Floor Press	3	10/leg	Thighs
Deadlifts	3	15-20	Hamstrings
Deficit Push-ups	3	10/leg	Glutes

Tuesday – Full Body Hypertrophy

Exercises	Sets	Reps	Target Muscle
Lunges	3	10/leg	Lower Body
Lateral Raises	3	15/arm	Shoulders
Overhead Triceps Extension	3	15/arm	Triceps
Concentration Curl	3	15/arm	Biceps
Leg Curls	3	15-20	Hamstrings

Wednesday – Core Endurance

Exercises	Sets	Reps	Target Muscle
High to Low Chop	3	15/side	Obliques

Banded Bird Dog	3	6/side	Core
Kneeling Crunches	3	15-20	Abdominals
Side Leg Raises	3	15/arm	Obliques
Reverse Crunches	3	15-20	Lower Abs

Thursday – Balance & Flexibility

Exercises	Sets	Reps	Target Muscle
Single-Leg Deadlift	3	10/side	Legs
Straight-arm Plank Row	3	10/side	Core
Side Plank Hip Abduction	3	10/side	Core
Banded Good Morning	3	15/arm	Obliques
Banded Lateral Lunge	3	15-20	Legs

Friday – Full Body Strength

Exercises	Sets	Reps	Target Muscle
Bent-over Rows	3	10/side	Lower Body
Sumo Squats	3	15-20	Quads
Standing Chest Press	3	10/leg	Thighs
Suitcase Deadlifts	3	15-20	Hamstrings
Deficit Push-ups	3	10/leg	Glutes

Saturday – Full Body Hypertrophy

Exercises	Sets	Reps	Target Muscle
Rear Delt Fly	3	10-15	Shoulders
Triceps Pushdowns	3	15-20	Triceps
Hammer Curls	3	15-20	Biceps
Banded Clamshell	3	10/side	Adductors
Calf Raises	3	15-20	Calves

Frequently Asked Questions (FAQs)

Can you build muscle with resistance bands only?

Yes, you can build a decent amount of muscle with bands only. Resistance bands are adaptable, efficient, and cost-effective. They provide a full range of motion, allowing you to target specific muscles effectively.

However, if you want to get bigger like bodybuilders, consider strength training. ([Source](#))

What type of resistance bands do I need for this workout?

You'll need a set of resistance bands (light to heavy) with handles to perform strength, muscle-sculpting, balance, and flexibility exercises efficiently.

How do I know if I'm using the right resistance level?

Choose a band where the last 2-3 reps of a set feel challenging, but you can maintain good form. For example, if you can easily do 15-20 reps, use a heavier band or increase sets, but if you can't complete 10 reps with control, switch to a lighter band.

What if I don't have a door anchor for certain exercises?

A door anchor is a must for training effectively with bands, especially for exercises like standing chest press, lat pulldown, seated row, and pallof press. However, if you don't have access to the hook or attachment, loop the band around a sturdy object like a pole or heavy furniture.

What happens after the 30 days?

I recommend continuing this routine if it works for you. You can increase resistance, reps, or sets to make it more challenging. You can also include [bodyweight and dumbbell exercises](#) to achieve decent results over time.

Helpful Resources:

- [10 Best Resistance Band Compound Exercises](#)
- [5 Lower Back Resistance Band Exercises to Build Stability](#)
- [6 Best Resistance Band Exercises to Build Athletic Hamstrings](#)
- [14 Best Resistance Band Warm-up Exercises](#)
- [40 Best Resistance Band Exercises to Bolster Your Entire Body](#)
- [Resistance Band Push Ups Variations](#)
- [6 Best Resistance Band Quad Exercises](#)
- [20 Best Resistance Band Exercises for Abs and Core with PDF](#)
- [9 Best Resistance Band Lat Exercises to Build Back](#)
- [22 Best Upper Body Resistance Band Exercises w/PDF](#)
- [10 Best Resistance Band Chest Workout For Ultimate Gain](#)
- [Top 6 Resistance Band Rear Delt Exercises](#)
- [The 8 Best Resistance Band Bicep Exercises for Sturdy Arms](#)
- [20 Best Resistance Band Door Exercises with PDF](#)