

6-Week Full Body Resistance Band Circuit Workout Plan

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Full URL: <https://thefitnessphantom.com/resistance-band-circuit-training-plan>

Program Duration	6 Week
Sessions/Week	Three
Time/Session	20-30 minutes
Split Type	Full-Body
Workout Approach	Circuit Training
Workout Goal	Build strength & functional fitness
Targeted Gender	Male and Female
Experienced Required	Beginner to Intermediate
Types of Bands Needed	Light, Medium, & Heavy

Prepare yourself with this 5-minute warm-up before starting the main workout:

- Low Lunge Arch: 5 seconds on each side x 2 times
- [Quad Stretch w/ Reach](#): 5 seconds on each side x 2 times
- Arms Swings: 5 seconds on each side x 2 times
- World's Greatest Stretch: 10 seconds on each side x 2 times
- Jumping Jacks: 15 seconds x 2 times
- High Knees: 15 seconds x 2 times
- You can make some changes to this warm-up as per your needs.

WEEK 1

Number of rounds: 2 for beginners, 3 for intermediates, and 4 for advanced. Keep 2 minutes of rest between rounds.

Monday	Wednesday	Friday
10 Squats	20 Lunges (10/leg)	10 Deadlifts
10 Floor Press	10 Push-ups	10 Standing Chest Press
10 Bent-over Rows	10 Superman Rows	10 Seated Rows (Anchored)
10 Overhead Press	10 Lateral Raises	10 Rear Delt Fly
10 Reverse Crunches	20 Russian Twists (10/side)	12 Miniband Bicycle Crunch

WEEK 2

Number of rounds: 2 for beginners, 3 for intermediates, and 4 for advanced. Rest for 2 minutes between rounds.

Monday	Wednesday	Friday
10 Goblet Squats	20 Reverse Lunge (10/leg)	10 Romanian Deadlifts
10 Chest Fly	20 1-arm Shoulder Press	10 Standing Chest Press
20 1-Arm Row (10/side)	10 Lat Pull-Downs	10 Banded Shrugs
10 Front Raises	10 Upright Rows	10 Banded Pull-Aparts
10 Sit-ups	15-sec Hollow hold	20 Banded Chop (10/side)
10 Overhead Triceps Extensions	10 Hammer Curls	10 Reverse Wrist Curls

WEEK 3

Number of rounds: 2 for beginners, 3 for intermediates, and 4 for advanced. Rest for 90 seconds between rounds.

Monday	Wednesday	Friday
10 Sumo Squats	20 Curtsy Lunge (10/leg)	20 Single-leg Deadlifts
20 1-Arm Chest Press (10/side)	20 Front Raises	10 Floor Press
12 Deadlifts	1-arm Pull-Downs (10/side)	10 Bent-over Face Pulls
10 Overhead Press	10 Bent-over Rows	10 Bent-over Reverse Fly
10 Bird Dog (5/side)	20-sec Hollow hold	20 Banded Chop (10/side)
20 Triceps Kickbacks (10/side)	10 Concentration Curls	20 Wrist Curls

WEEK 4

Number of rounds: 2 for beginners, 3 for intermediates, and 4 for advanced. Rest for 90 seconds between rounds.

Monday	Wednesday	Friday
10 Cossack Squats	20 Curtsy Lunge (10/leg)	20 Single-leg Deadlifts
20 Crossbody Press (10/side)	20 Banded Push-ups	10 Close-Grip Push-ups
15 Deadlifts	20 Lat Pull-Downs	15 Lateral Raises
15 Overhead Press	15 Superman Rows	10 Overhead Pull Apart
12 Good Morning	Low-to-High Chop (15/side)	High to Low Chop (15/side)
20 Triceps Kickbacks (10/side)	Concentration Curls (15/side)	10 Curls to Overhead Press

WEEK 5

Number of rounds: 3 for beginners, 4 for intermediates, and 5 for advanced. Rest for 2 minutes between rounds.

Monday	Wednesday	Friday
15 Front Squats	20 Curtsy Lunge (10/leg)	20 Romanian Deadlifts
20 Side Plank Row (10/side)	20 Banded Push-ups	15 Close-Grip Push-ups
10 Deadlifts to Biceps Curls	20 Lat Pull-Downs	20 Lateral Raises
15 Overhead Press	15 Seated Rows	10 Overhead Pull Apart
12 Banded Hip Thrust	Knee to Elbow Crunch (10/side)	20 Lying Leg Curl
20 Triceps Pushdown	20 Side Leg Lifts	12 Curls to Overhead Press

WEEK 6

Number of rounds: 3 for beginners, 4 for intermediates, and 5 for advanced. Rest for 90 seconds between rounds.

Monday	Wednesday	Friday
20 Front Squats	20 Curtsy Lunge (10/leg)	20 Seated Pass Through
20 High to Low Chest Press	20 Banded Push-ups	10 Close-Grip Push-ups
15 Deadlifts to Upright Row	20 Lat Pull-Downs	15 Lateral Raises
10 Overhead Press	15 Superman Rows	15 Standing Chest Fly
20 Glute Kickbacks (10/side)	25-sec Hollow body hold	20 Lying Leg Curl
20 Triceps Overhead Extension	20 Hammer Curls	15 Curls to Overhead Press

Frequently Asked Questions (FAQs)

Can I train more frequently?

Yes, you can increase training sessions from three to four, five, or six days, depending on your fitness levels. But make sure you don't overtrain when you increase the frequency.

What results can I expect in 6 weeks?

You'll be stronger, more functional, and have a better physical appearance after completing this workout.

How to make it more challenging?

You can increase the number of sets or reps, decrease the rest time between rounds, or perform exercises with heavy resistance bands to make it challenging

Can this plan help with weight loss?

Yes, this resistance band full body circuit training can help you with weight loss when you pair this with a balanced diet. This workout will burn a decent number of calories, strengthen muscles, and build lean mass, helping you achieve better shape and fitness.

Explore the free resources for program customization:

- [7 Best Resistance Band Deadlift Variations](#)

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- [10 Best Resistance Band Compound Exercises](#)
- [40 Best Resistance Band Exercises](#)
- [20 Best Resistance Band Exercises for Abs](#)
- [9 Best Resistance Band Lat Exercises](#)
- [20 Best Resistance Band Door Exercises](#)