

6x Weekly 20-Minute Resistance Band Workout Plan

Created by: [Murshid Akram](#)

Full URL: <https://thefitnessphantom.com/3-day-full-body-smith-machine-workout-plan>

Program Summary

Equipment Focus	Resistance Bands (Different Tension Levels)
Split Type	Full Body (A), Upper-Lower (B), & Bro Split (C)
Sessions/Week	Six (Monday to Saturday)
Duration/Session	20 minutes
Workout Plan Goal	Build Muscle at Home
Experienced Require	Beginner to Intermediate
Target Gender	Male & Female
Program Duration	6 Weeks

Full Body 20-Minute Resistance Band Workout

This routine includes doing compound, isolation, and mobility exercises twice a week.

The compound exercises help you build strength and muscle. The isolation exercises improve muscle balance and symmetry. Mobility training makes your body more functional.

Here's how you gonna train in Plan A:

- **Day 1:** Strength Training
- **Day 2:** Hypertrophy
- **Day 3:** Mobility Workout
- **Day 4:** Strength Training
- **Day 5:** Hypertrophy
- **Day 6:** Mobility Workout
- **Day 7:** OFF

Take 60 seconds of rest between sets during strength training and 30-45 seconds of break during the hypertrophy and mobility exercises.

Day 1 – Strength Training

Exercises	Sets	Reps	Muscle
Back Squat	2	8-10	Legs
Overhead Press	2	8-10	Shoulder
Deadlift	2	8-10	Lower Body
Push-ups	2	8-10	Chest, Tris
Bent-over Row	2	8-10	Back & Abs

Day 2 – Hypertrophy

Exercises	Sets	Reps	Muscle
Floor Press	2	12-15	Chest & Tris
Superman Row	2	10-12	Back & Shoulder
Lateral Raises	2	12-15	Shoulder

Reverse Fly	2	12-15	Upper Back
Hip Thrust	2	12-15	Glutes
Leg Curls	2	12-15	Hamstrings

Day 3 – Mobility Workout

Exercises	Sets	Reps	Muscle
Shoulder Pass Throughs	2	10-12	Upper Body
Single-leg Deadlift	2	6/leg	Lower Body
Pull-apart	2	10-12	Upper Back
Good Morning	2	8-10	Lower Body
Fire Hydrant	2	8/side	Glutes & Ab
Bird Dog Plank	2	6/side	Full Body

Day 4 – Strength Training

Exercises	Sets	Reps	Muscle
Back Squat	2	8-10	Legs
Overhead Press	2	8-10	Shoulder
Deadlift	2	8-10	Lower Body
Push-ups	2	8-10	Chest, Tris
Bent-over Row	2	8-10	Back & Abs

Day 5 – Hypertrophy

Exercises	Sets	Reps	Muscle
Front Raises	2	12-15	Shoulder
Overhead Extension	2	10/arm	Triceps
Biceps Curls	2	12-15	Biceps
Upright Row	2	12-15	Trapezius
Upward Chest Fly	2	12-15	Chest
Leg Extension	2	12-15	Quads

Day 6 – Mobility Workout

Exercises	Sets	Reps	Muscle
Shoulder Pass Throughs	2	10-12	Upper Body
Curtsy Lunge	2	6/leg	Lower Body
Bicycle Crunches	2	6/side	Abdominals
Banded Good Morning	2	8-10	Lower Body
Glute Bridge	2	10-12	Glutes
Monster Walk	2	6/leg	Lower Body

Day 7 – OFF

Take a break and restart from day 1. You can also follow plan B next week.

Resistance Band 20-Minute Upper Lower Split Workout

This split is for those who want to focus on their upper body and lower body separately. It involves three sessions for the upper body, two for the lower body, and one dedicated session for abdominal muscles.

- **Day 1:** Upper Body
- **Day 2:** Lower Body
- **Day 3:** Upper Body
- **Day 4:** Lower Body
- **Day 5:** Upper Body
- **Day 6:** Core Workout
- **Day 7:** OFF

With this resistance band 20-minute split workout, you can bolster your every body part effectively and build a fit body.

Day 1 – Upper Body

Exercises	Sets	Reps	Muscle
Floor Press	2	12-15	Chest, Tris
Overhead Press	2	12-15	Shoulder
Banded Push-ups	2	12-15	Chest, Tris
Lateral Raises	2	10/side	Shoulder
Overhead Extension	2	10/arm	Triceps

Day 2 – Lower Body

Exercises	Sets	Reps	Muscle
Banded Squat	3	15-20	Quads
Stationary Lunge	2	10/leg	Quads
Romanian Deadlift	3	10-12	Hamstrings
Leg Curls	3	12-15	Hamstrings

Day 3 – Upper Body

Exercises	Sets	Reps	Muscle
Lat Pulldown	2	15-20	Back
Seated Row	2	15-20	Back
Rear Delt Fly	2	12-15	Back
Superman Row	2	10-12	Back
Biceps Curls	2	10/arm	Biceps

Day 4 – Lower Body

Exercises	Sets	Reps	Muscle
Curtsy Lunge to Squat	2	6/side	Lower Body
Banded Leg Extension	2	10/leg	Quads
Good Morning	3	10-12	Posterior Chain
Glute Kickbacks	2	10/side	Posterior Chain

Day 5 – Upper Body

Exercises	Sets	Reps	Muscle
Standing Front Press	2	12-15	Chest
Front Delt Raise	2	12-15	Shoulder
Triceps Pushdown	2	12-15	Triceps
One-arm Row	2	10/side	Back
Hammer Curl	2	12-15	Biceps

Day 6 – Abs

Exercises	Sets	Reps
Bicycle Crunch	2	6/side
Banded Dead Bug	2	6/side
Kneeling Crunch	2	15-20
Reverse Crunch	2	15-20
Woodchop (Low to High)	2	10/side

Day 7 – OFF

Take a day off, restart from day 1, or start plan C next week.

20 Minutes Bro Split Banded Workout

This 20-minute resistance band workout plan involves training one muscle group per day. It is a simple and effective split to build strength and muscle.

- **Day 1:** Chest
- **Day 2:** Back
- **Day 3:** Legs
- **Day 4:** Abs
- **Day 5:** Shoulder
- **Day 6:** Arms
- **Day 7:** OFF

Day 1 – Chest

Exercises	Sets	Reps	Rest
Standing Front Press/ Svend Press	3	12-15	1-min
Banded Push-ups	3	12-15	1-min
Single-arm Floor Press	2	10/side	1-min
Standing Chest Fly	2	12-15	1-min

Day 2 – Back

Exercises	Sets	Reps	Rest
Bent-over Row	2	12-15	1-min
Lat Pulldown	2	12-15	1-min
Seated Rowing	2	12-15	1-min
Standing Pullover	2	10-12	1-min
Superman Pull	2	10-12	1-min

Day 3 – Legs

Exercises	Sets	Reps	Rest
Resistance Band Squat	3	15-20	1-min
Stationary Lunges	2	10/leg	30-sec
Romanian Deadlift	2	10-12	1-min

Lying Leg Curl	2	15-20	45-sec
Glute Bridge	2	12-15	45-sec

Day 4 – Abs

Exercises	Sets	Reps	Rest
Bicycle Crunch	2	6/side	30-sec
Banded Dead Bug	2	6/side	30-sec
Kneeling Crunch	2	15-20	45-sec
Reverse Crunch	2	15-20	45-sec
Standing Oblique Crunch	2	10/side	30-sec
Woodchop (Low to High)	2	10/side	30-sec

Day 5 – Shoulder

Exercises	Sets	Reps	Rest
Overhead Press	3	15-20	1-min
Lateral Raises	3	10/side	30-sec
Rear Delt Raises	3	10-12	45-sec
Front Raises	1	15-20	No rest
Shoulder Shrug	2	12-15	30-sec

Day 6 – Arms

Exercises	Sets	Reps	Rest
Overhead Extension	3	15-20	30-sec
Triceps Pushdown	3	10/arm	30-sec
1-arm Biceps Curls	2	10/arm	30-sec
Concentration Curls	2	10/arm	30-sec
Hammer Curls	2	12-15	30-sec

Day 7 – OFF

Take a break and repeat from day 1 or program A.

Can You Build Muscle with 20-minute Band Workouts Build Muscle?

Working out 20 minutes a day (six days a week) with resistance bands can help beginners increase their strength and mass but if you've been exercising for a while, you won't see much gain.

Still, it is great for those who train at home and want to maintain their strength and muscle mass while improving their body functionality.

Types of Bands Needed for Optimal Training

You need a set of floss to power resistance bands to perform various exercises.

For examples:

Use loop bands with light tension for [mobility exercises](#), such as the single-leg deadlift, Good Morning, clamshell, Superman, and fire hydrant. These movements help improve flexibility and range of motion.

Use moderate tension level bands to perform [isolation exercises](#), such as biceps curls, triceps extension, front raises, lateral raises, rear delt fly, glute bridge, and leg curls. The isolation exercises target every muscle effectively and build a strong and defined body.

And you need power bands with high tension levels to perform [compound movements](#), such as deadlifts, overhead presses, squats, and push-ups. These are great for building strength.

Helpful Resources:

1. [7 Best Resistance Band Deadlift Variations & Their Benefits](#)
2. [The 10 Best Resistance Band Compound Exercises](#)
3. [5 Lower Back Resistance Band Exercises to Build Stability](#)
4. [6 Best Resistance Band Exercises to Build Athletic Hamstrings](#)
5. [14 Best Resistance Band Warm-up Exercises](#)
6. [40 Best Resistance Band Exercises to Bolster Your Entire Body](#)
7. [6 Best Resistance Band Quad Exercises to Dominate Your Leg Day](#)
8. [9 Best Resistance Band Lat Exercises to Build Back](#)
9. [20 Best Resistance Band Door Exercises](#)
10. [22 Best Upper Body Resistance Band Exercises](#)