

# 7-DAY BODYWEIGHT AND RESISTANCE BAND WORKOUT TO BUILD MUSCLE

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Check out [article](#) for more info

## About Program

- **Routine Type:** Combined Upper Lower Split
- **Training Sets Type:** **Tri-Sets** (Performing three different exercises in a row)
- **Workouts/Week:** 5 Sessions
- **Duration/Session:** 20-30 minutes
- **Workout Type:** Strength Training
- **Program Goal:** Improve Strength, Balance, and Conditioning
- **Target Gender:** Male and Female
- **Difficulty Level:** Beginner to Intermediate
- **Equipment Needed:** Sets of Light to Heavy Resistance Bands

## Workout Instruction

- **Warm-up:** Perform some cardio exercises to increase your body temperature and oxygen flow. You can do jumping jacks, mountain climbing, squat jumps, or burpees for a few minutes before starting banded exercises.
- **Rest between sets/rounds:** 2-minute
- **Tri-Set Scheme:** The tri-set involves performing a series of three different exercises with no rest between them in one set. It is a time-efficient approach to hit more muscles in a limited time.

# 7-Day Bodyweight and Resistance Band Workout to Build Muscle at Home

This program involves training three muscle groups in each session (a combination of the upper and lower body parts). It will ensure you can train your every muscle group at least twice a week.

Bolstering muscles two times per week increases muscular hypertrophy and will help you achieve the best shape over time.

**Here's the weekly resistance band and bodyweight workout schedule:**

- **Monday:** Chest, Quads, and Abs
- **Tuesday:** Back, Shoulder, and Arms
- **Wednesday:** OFF
- **Thursday:** Chest, Posterior Chain, and Abs
- **Friday:** Back, Quads, and Arms
- **Saturday:** Shoulder, Posterior Chain, and Abs
- **Sunday:** OFF

## Monday: Back, Quads, and Abs

### Tri-Set 1

- 15 Bodyweight Push-ups
- 12 **Banded Squats**
- 10 Sit-ups
- Repeat three times.

### Tri-Set 2

- 15 Banded Floor Press
- 20 Stationary Front Lunges (10 reps per leg)
- 10 Reverse Crunches
- Three rounds.

## Tri-Set 3

- 12 **Resistance Band Chest Fly**
- 10 **Banded Leg Extension**
- 16 **Banded Wood Chop** (8/side)
- Repeat three times.

## Tuesday: Back, Shoulder, and Arms

### Tri-Set 1

- 15 Banded Lat Pulldown
- 12 Overhead Press
- 20 One-arm Overhead Triceps Extension (10 reps per arm)
- Perform three rounds.

### Tri-Set 2

- 15 Banded One-arm Bent Over Row
- 12 Lateral Raises
- 15 Banded Triceps Pushdown
- Perform three rounds.

### Tri-Set 3

- 10 Superman Pull
- 12 Rear Delt Raises
- 15 Biceps Curls
- Perform three rounds.

## Thursday: Chest, Posterior Chain, and Abs

### Tri-Set 1

- 15 Standing Resistance Band Chest Press
- 10 **RB Romanian Deadlifts**
- 15-sec Mountain Climbing
- Repeat three times.

### Tri-Set 2

- 10 **Banded Push-ups**

- 20 Lying Single-leg Curl (10 reps each leg)
- 10 Lying Leg Lifts (Lower Abs)
- Repeat three times.

### **Tri-Set 3**

- 15 Resistance Band Upward Chest Fly
- 12 Banded Glute Bridges
- 10 Dead Bug Crunches
- Repeat three times.

## **Friday: Back, Quads, and Arms**

### **Tri-Set 1**

- 10 [Floor IYT Raises](#)
- 12 Bodyweight Sumo Squat
- 15 Triceps Push Down
- Perform Three Rounds at your own pace.

### **Tri-Set 2**

- 15 [Resistance Band Bent-over Row](#)
- 15 [Lying Banded Leg Press](#)
- 20 Concentration Curls (10 per arm)
- Repeat Three Times

### **Tri-Set 3**

- 12 [Narrow Grip Lat Pulldown](#)
- 20 Single-arm Triceps Kickback (10 per side)
- 15 Hammer Curls
- Repeat two more times.

## **Saturday: Shoulder, Posterior Chain, and Abs**

### **Tri-Set 1**

- 16 Single-arm Front Raises (8 per arm)
- 10 Banded Good Morning
- 15 Sit-ups

- Perform three rounds.

## Tri-Set 2

- 20 Banded Side Delt Raises (10 per side)
- 16 Glute Kickback (8 reps per leg)
- 15-sec Crossbody Mountain Climbing
- Perform Three times.

## Tri-Set 3

- 15 Banded Shoulder Shrugs
- 20 Bodyweight Calf Raises
- 1-min Plank
- Repeat two more times.

## Additional Tips for Maximizing Your Workout Plan and Achieving Optimal Results

### *1. Pre-Workout Meal*

A good pre-workout meal sets the foundation for an effective workout session. The pre-workout meal helps you perform better during the workout and supports muscle-building.

You should have your meal 30 minutes to 2 hours before the training, depending on what kind of food you consume.

### **Examples of pre-workout foods include:**

1. [Protein Shake](#)
2. Chicken Salad
3. [Dried Fruits](#)
4. Oatmeal
5. [Energy Bars](#)
6. Peanut Butter and Toast
7. Yogurt with Fruit/Granola
8. Fruit Smoothies
9. Eggs

### *2. Workout When You Feel Energetic*

Working out when you feel active lets you put your 100 percent into the workout. It could be morning, afternoon, or evening.

### *3. Keep yourself hydrated during the workout*

Several studies have shown keeping yourself hydrated during the workout is essential to prevent injuries and uneasiness and enhance performance. So, it is best to drink water when you feel hypohydration.

### *4. Post-Workout Stretching and Cool Down*

Most people often miss post-workout stretching, but many athletes and coaches recommend doing this. It may have a positive impact on your training because it helps reduce muscle soreness.

### *5. Post-workout Meal*

The post-workout meal plays a crucial role in building muscles. You can have a great workout session, but if you don't consume protein and carbs after the workout, your muscles might not grow.

That's why you should have a great meal after the resistance training to maximize your results. There's no scientific evidence that taking a post-workout meal just after the workout elicits better results. Still, it is good to take your meal as soon as you finish the workout.

I suggest consuming at least 40-50 grams of protein and one gram of carbs per kg of your body weight for optimal results (it is only an example; a nutritionist can help you better in this case).

### **Examples of Post-Workout Meals:**

- Protein shakes and banana.
- Oatmeal with yogurt, almonds, and berries.
- Chicken burrito with salad and cheese.
- Grilled chicken with roasted vegetables and rice.
- Egg omelet with avocado on whole grain toast.
- Salmon with sweet potato.
- Whole grain crackers with cheese and fruit.

#### 6. Make Progress

Increase the load, the number of reps and sets, and the session duration as you progress further. Pushing your limit to a certain extent may help you build muscle faster.

#### 7. Make Adjustment

You can make any changes you want in this program. For example, you can increase and decrease repetitions, sets, interval time, and the daily workout duration. You can also replace any exercise you don't like.

### Helpful Resources:

1. [Bodyweight Exercises for Every Muscle Groups](#)
2. [50+ Resistance Band Exercises](#)

### Recommended Brands:

1. [Amazon](#) (Supplement)
2. [Multivitamin](#) (Amazon)
3. [Bulk Extreme](#) (Supplement)
4. [Mass Extreme](#) (Supplement)

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