

THE 8 WEEK RESISTANCE BAND PPL TRAINING PROGRAM

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Program Information

- **Training days per week:** Three
- **Duration per session:** Around 45 minutes
- **Rest time between sets:** 30 to 90 seconds
- **Suggested Program Duration:** 16 Weeks
- **Training Level:** Beginner to Intermediate
- **Program Goal:** Strengthen and build muscles, enhance balance and flexibility, and improve body composition.
- **Types of Bands Required:** Loop or Mini Bands for isolation exercises and Power bands for compound exercises.
- **Workout Plan to follow next:**

Program

Here's a weekly schedule of 8-week resistance band training program:

- Monday – Push
- Tuesday – Cardio (Optional)
- Wednesday – Pull
- Thursday – Cardio (Optional)
- Friday- Legs
- Saturday – Core (Optional)

If you like, you can also do aerobic exercises on alternate days to improve your cardiovascular health.

Warm-up: It is best to perform some bodyweight cardio exercises to increase your heart rate, blood flow, and get your muscles ready to perform resistance exercises.

WEEK 1

Monday – Push

- Floor Press: 3 x 15 reps
- Banded Push-ups: 3 x 10 reps
- Overhead Press: 3 x 12 reps
- [Banded Lateral Raises](#): 3 x 12 reps
- [Overhead Tricep Extension](#): 3 x 15 reps

Wednesday – Pull

- Resistance Band Sumo Deadlift: 3 x 8-12 reps
- [Bent-over Banded Row](#): 3 x 15 reps
- [Seated Band Row](#): 3 x 15 reps
- [Single-arm Bicep Curl](#): 2 x 15 reps/arm
- Banded Hammer Curl: 3 x 15 reps

Friday- Legs

- Suitcase Deadlift: 3 x 8-10 reps
- [Resistance Band Squat](#): 3 x 15 reps
- [Lying Leg Curl](#): 3 x 10-12 reps
- Resistance Band Fire Hydrant: 2 x 10 reps/leg
- Glute Kickback: 3 x 10 reps/leg

WEEK 2

Monday – Push

- [Close-Grip Pushup](#): 3 x 10 reps
- Floor Press: 3 x 15 reps
- [Alternate Front Raises](#): 2 x 15 reps/arm
- Single-arm Lateral Raises: 2 x 15 reps/arm
- Overhead Triceps Extension: 3 x 15 reps

Wednesday – Pull

- [Banded Lat Pulldown](#): 3 x 15 reps
- [Superman Pull](#): 3 x 12 reps
- Single-arm Rowing: 3 x 12 reps/side
- [Rear Delt Resistance Band Fly](#): 3 x 15 reps

- Standing Overhead Pull Apart: 2 x 10 reps

Friday – Legs

- [Curtsy Lunge to Squat](#): 3 x 10 reps/leg
- Leg Extension: 3 x 15 reps
- Sumo Squat: 3 x 15 reps
- Clamshell: 2 x 15 reps/leg
- Glute Bridge with Alternating Leg Raise: 2 x 15 reps/side

WEEK 3

Monday – Push

- Standard Push-up: 3 x 12 reps
- Floor Press: 3 x 15 reps
- Overhead Press: 3 x 12 reps
- Banded Front Raises: 3 x 12 reps
- Banded Bench Dips: 3 x 12 reps

Wednesday – Pull

- Bent-over Banded Row: 3 x 15 reps
- Concentration Curl: 3 x 12 reps
- Seated Band Row: 3 x 15 reps
- Shoulder Shrug: 3 x 15 reps
- [Facepull](#): 3 x 15 reps

Friday – Legs

- Lateral Band Walk: 10 steps to the left then to the right x 2
- Resistance Band Squat: 3 x 15 reps
- [Banded Cossack Squat](#): 3 x 10 reps
- Standing Glute Kickbacks: 3 x 10 reps
- Glute Bridge: 3 x 15 reps

WEEK 4

Monday – Push

- Alternate Floor Press: 3 x 12 reps/arm
- [Standing Incline Chest Press](#): Three sets of 15 reps

- One-arm Lateral Delt Raises: Three sets of 12 reps on each side
- Banded Tricep Pushdown: 3 sets of 15 reps
- Overhand Triceps Extension: 3 x 15 reps

Wednesday – Pull

- Sumo Deadlift: Three sets of 10 reps
- Bent-over Banded Row: 3 sets of 10 reps
- Seated Band Row: 3 x 15 reps
- [Hammer Curl](#): 3 x 12 reps
- Banded Reverse Fly: 3 x 12 reps

Friday – Legs

- Diagonal Band Walk: 10 steps/side x 2
- Squat Jacks: 3 x 10 reps
- Lying Band Leg Extension: Three sets of 15 reps
- Banded Single-Leg Deadlift: 3 sets of 8 reps/leg
- Resistance Band Fire Hydrant: 3 x 10 reps/side

WEEK 5

Monday – Push

- Banded Push-ups: 3 x 10-12
- [Narrow Grip Floor Press](#): 3 x 12-15
- Overhead Press: 3 x 12 reps
- Banded Lateral Raises: 3 x 12 reps
- [Banded Triceps Kickback](#): 3 x 10-12

Wednesday – Pull

- Banded Lat Pulldown: 3 x 12-15
- Superman Pull: 3 x 10-12
- Single-arm Rowing: 3 x 10-12
- Rear Delt Fly: 3 x 10-12
- Standing Overhead Pull Apart: 3 x 10-12

Friday – Legs

1. Front Squat: 3 x 10-12
2. Monster Walk: 10 steps/side x 2

3. Leg Extension: 3 x 15
4. Donkey Kick: 3 x 10-12
5. Banded Good Morning: 3 x 8-10

WEEK 6

Monday – Push

- Banded Push-ups: 3 x 10 reps
- Floor Press: 3 x 15 reps
- Front Delt Raises: 3 x 12 reps
- Lateral Delt Raises: 3 x 12 reps
- Overhead Tricep Extension: 3 x 15 reps

Wednesday – Pull

- Bent-over Banded Row: 3 x 15
- One-arm Concentration Curl: 3 x 10
- Seated Band Row: 3 x 12
- Shoulder Shrug: 3 x 15
- Facepull: 3 x 15

Friday – Legs

- Lateral Band Walk: 10 steps/side x 2
- Resistance Band Squat: 3 x 15
- Banded Cossack Squat: 3 x 10
- Standing Glute Kickbacks: 3 x 10
- Glute Bridge: 3 x 10

WEEK 7

Monday – Push

- One-arm Shoulder Press: 3 x 10/side
- [Close-Grip Pushup](#): 3 x 10
- Floor Press: 3 x 15 reps
- Banded Lateral Raises: 3 x 10
- Overhead Triceps Extension: 3 x 15

Wednesday – Pull

- Sumo Deadlift: 3 x 15

- Bent-over Banded Row: 3 x 15
- Seated Band Row: 3 x 15
- Hammer Curl: 3 x 12
- Banded Reverse Fly: 3 x 10

Friday – Legs

- Diagonal Band Walk: 10 steps/side x 2
- Squat Jacks: 3 x 10
- Leg Curl: 3 x 15
- Single-Leg Deadlift: 3 x 10
- Fire Hydrant: 2 x 15

WEEK 8

Monday – Push

- Standard Push-up: 3 x 12 reps
- Floor Press: 3 x 15 reps
- Overhead Press: 3 x 12 reps
- Banded Front Raises: 3 x 12 reps
- Banded Bench Dips: 3 x 12 reps

Wednesday – Pull

- Banded Lat Pulldown: 3 x 15
- Superman Pull: 3 x 10
- Single-arm Rowing: 3 x 10
- Rear Delt Fly: 3 x 12
- Standing Overhead Pull Apart: 3 x 10

Friday – Legs

6. Monster Walk: 10 steps/side x 2
7. Romanian Deadlift: 3 x 10
8. Front Squat: 3 x 15
9. Resistance Band Donkey Kick: 3 x 10
10. Banded Good Morning: 3 x 10

Helpful Resources:

1. [Resistance Band Bicep Exercises](#)

2. [Resistance Band Rear Delt Exercises](#)
3. [Resistance Band Tricep Exercises](#)
4. [Resistance Band Lat Exercises](#)
5. [Resistance Band Chest Workout](#)
6. [Resistance Band Exercises for Abs](#)
7. [Resistance Band Quad Exercises](#)
8. [Resistance Band Hamstring Exercises](#)
9. [Resistance Band Lower Back Exercises](#)

Related Workout Programs:

- [3 Day Resistance Band Workout](#)
- [The Ultimate 5 Day Bands Workout](#)
- [4-week Resistance Band Training Program](#)

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