20 BEST RESISTANCE BAND DOOR EXERCISES AND A ROUTINE TO BUILD MUSCLE

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Exercises

1. Standing Front Press
2. High to Low Decline Chest Press
3. Standing Chest Fly
4. Seated Row
5. Lat Pulldown
6. Standing Front Delt Raise
7. Lateral Delt Raises
8. Face pull
9. 1-arm Shrug
10. Reverse Fly
11. Triceps Overhead Extension
12. Triceps Pushdown
13. Lying Superman Pull
14. Standing Leg Curl
15. Standing Side Leg Lift
16. Prone Leg Curl
17. Standing Unilateral Leg Extension
18. Banded Wood Chop

19. Side Plank Band Pull

20. Overhead Press

1. Standing Front Press

Level	Target Muscles	Movement Type
Beginner	Chest and Shoulder	Push

- Anchor the band to the door at an appropriate height and grab the handle in each hand.
- Stand in the split stance with your torso slightly leaning forward.
- Keep your hands close to your ribs with your palms facing down. That's the start.
- Contracting your pectoral muscles, push the band against you until your arms are straight.
- Return to the starting position and perform the desired repetitions.

2. High to Low Decline Chest Press

Level	Target Muscles	Movement Type
Beginner	Chest and Shoulder	Push

1. Attach the band to the door at the higher position and grab each end firmly with your hands.
2. Stand in the lunge stance with your chest up and back straight.
3. Keep your hands close to the sides of your chest with your palms facing down. That's the start.
4. Press the band downward until your pecs are fully engaged.
5. Pause for a moment, then return to the start.

3. Standing Chest Fly

Level	Target Muscles	Movement Type
Beginner	Pectoral Muscles	Pull

- Anchor the band at a suitable height and stand upright, facing away from the wall.
- Keep your arms out with your elbows slightly bent.
- Pulling the band, bring your hands toward each other in front of your chest.
- Feel the contraction in your pecs for a few a second or two, then return to the start.

4. Seated Row

Level	Target Muscles	Movement Type
Beginner	Back	Pull

- Attach the band to the door at a suitable height and grab the ends firmly with a neutral grip, palms facing each other.
- Sit on the floor with your legs extended in front of you. Slightly lean your torso back, maintain a neutral spine position, and hold your chest up. That's the start.
- Driving your elbows at your sides, pull the band until your back muscles are engaged.
- Return to the start and repeat for the desired reps and sets.

5. Lat Pulldown

Level	Target Muscles	Movement Type
Beginner	Latissimus Dorsi	Pull

- Anchor the band to the door at the top, grab the handles firmly with a neutral grip, and sit on the floor with your legs in front of you.
- Slightly lean back and pull the band toward your chest until you feel the full contraction in your lats and traps.
- Pause for a moment, then return to the start.

6. Standing Front Delt Raise

Level	Target Muscles	Movement Type
Beginner	Anterior Deltoid	Push

- Connect the hook to the door's bottom position and stand upright with your body facing away from the door.
- Grasp the resistance band handles firmly and raise them in front of you until your arms reach your shoulder height.
- Feel the contraction in your front delt for a couple of seconds, then return to the start.

7. Lateral Delt Raises

Level	Target Muscles	Movement Type
Beginner	Lateral Delt	Push

- Hook the band at the door's bottom position.
- Stand straight to the side of the door and grab the handle with your left hand.
- Raise the band out to your sides until you feel the complete contraction in your side deltoid.
- Stay there for a moment, then return to the start.

8. Face Pull

Level	Target Muscles	Movement Type
Beginner	Posterior Delt, Trapezius	Pull

- Secure the hook at the top of the door and grab the handles firmly with your hands.
- Take a few steps back, slightly lean your torso back, and extend your arms in front of your face.
- Pull the band toward you until your rear shoulder and upper back muscles are fully activated.
- Hold there for a moment, then return to the beginning.

9. 1-arm Shrug

Level	Target Muscles	Movement Type
Beginner	Shoulder and Upper Trap	Pull

- Anchor the band to the door's lower position, stand beside it, and grasp one end of the band.
- Keep your arms straight and close to your body with your palms facing in.
- Lifting your shoulder blades, pull the band until your side delt is close to the ear.
- Feel the contraction for a moment, then return to the start and repeat.

10. Reverse Fly

Level	Target Muscles	Movement Type
Beginner	Rear Delt & Upper Trap	Pull

- Attach the hook to the door at an appropriate height and firmly grab the handle in each hand.
- Take a few steps back, stand upright, and keep your arms straight in front of your chest.
- Pull the band out until your arms are aligned with your shoulders.
- Hold there for a moment, then return to the start.

11. Triceps Overhead Extension

Level	Target Muscles	Movement Type
Beginner	Triceps	Push

- Hook the band to the door's lower position, turn around, and hold the band behind your head with a neutral grip. Your elbows will point forward, and your arms will be close to your body.
- Extend your arms overhead until you feel the full contraction in your triceps.
- Hold there for a moment, then return to the start and repeat.

12. Triceps Pushdown

Level	Target Muscles	Movement Type
Beginner	Triceps	Push

6. Secure the hook at the top of the door and grab the handles firmly with your hands, palms facing each other.

7. Slightly push your hips back and lean your torso forward.
8. Keep your arms tucked to your sides with your elbows bent.
9. Push the band down until your triceps are fully activated.
10. Pause for two seconds, then return to the start.

13. Lying Superman Pull

Level	Target Muscles	Movement Type
Intermediate	Back and Shoulder	Pull

- Anchor the band to the door's lower position.
- Lie prone on the floor against the door, extend your arms forward, and grab the band with your hands (shoulder-width apart).
- Pull the band toward your chest until your back muscles are entirely engaged.
- Pause for a couple of seconds, then extend your arms back to the start.

14. Standing Leg Curl

Level	Target Muscles	Movement Type
Beginner	Hamstring	Pull

- Attach one end of the band to the door's bottom part and hook the other end around your right foot.
- Take one step forward and stand in the hip-width stance.
- Curl your leg behind you until you feel the work in your hamstring.
- Pause for one second, then uncurl your leg. Do it as many times as you like.

15. Standing Side Leg Lift

Level	Target Muscles	Movement Type
Intermediate	Lower Body	Push

- Anchor the band to the door at the bottom position.
- Stand to the right of the door and wrap the band around your left foot.
- Lift your left leg out as far as possible, then return to the start.

16. Prone Leg Curl

Level	Target Muscles	Movement Type
Intermediate	Hamstring	Pull

- Anchor the band to the door at the bottom position.
- Hook the band around the ankles of each foot.
- Lie on the floor with your face down and legs extended.
- Curl your legs until your Hammies are fully contracted.

17. Standing Unilateral Leg Extension

Level	Target Muscles	Movement Type
Intermediate	Quadriceps	Push

- Anchor the band to the door's lower section.
- Wrap the band around the ankles of your right foot.
- Take a few steps forward and stand in the hip-width stance.
- Extend your leg until you feel the complete contraction in your quad.
- Perform an equal number of sets and reps on each side.

18. Banded Wood Chop

Level	Target Muscles	Movement Type
Intermediate	Obliques	Pull

- Attach one end of the band to the door at its top height and grab the other end firmly with your hands.
- Stand to the right of the door, keep your arms straight, and pull the band toward your opposite side.
- Pause for two seconds, then return to the start.
- You'll feel the contraction in your abs during the movement.

19. Side Plank Band Pull

Level	Target Muscles	Movement Type
Intermediate	Core and Back	Pull

- Hook one end of the band to the door at an appropriate height.
- Lie on your right side with your right forearm on the floor (assume a side plank position).
- Extend your left arm and grab the other end.
- Keep your core tight and pull the band toward you.
- Wait for two seconds and feel the contraction in your abs and oblique, then extend your arm back to the start. That's one rep.
- Perform an equal number of sets and reps on each side.

20. Overhead Press

Level	Target Muscles	Movement Type
Beginner	Shoulder	Push

- Attach the band to the door's bottom position, grab the handle tightly, and stand upright, facing away from the door.
- Bend your elbows and keep the band behind your head.
- Press the band overhead until your arms are straight.
- Pause for a moment, then return to the start.

How to Integrate Resistance Band Door Exercises into a Workout Routine

You can incorporate resistance band door exercises into a total body workout routine to build muscle, improve balance and flexibility, and correct posture.

Here's an example of how you can combine elastic band door anchor exercises with no-attachment exercises to create a well-designed program.

Monday

- Resistance Band Squat – 3 sets x 15 reps
- Overhead Press -3 sets x 12 reps
- High to Low Decline Chest Press – 3 sets x 12 reps
- Seated Row -3 sets x 15 reps
- Lateral Delt Raises – 3 sets x 12 reps
- Leg (Glute) Kickback – 3 sets x 10 reps

Tuesday

- Floor Press – 3 sets x 15 reps
- Standing Chest Fly – 3 sets x 12 reps
- Triceps Overhead Extension – 3 sets x 15 reps
- Lying Superman Pull – 3 sets x 10 reps
- Standing Leg Curl – 3 sets x 15 reps
- Standing Side Leg Lift – 2 sets x 10 reps/leg

Wednesday

- Lat Pulldown – 3 sets x 15 reps
- Banded Pushup – 3 sets x 10 reps
- Front Delt Raise – 2 sets x 15 reps
- 1-arm Shrug – 2 sets x 10 reps/arm
- Triceps Pushdown – 3 sets x 15 reps
- Unilateral Leg Extension – 3 sets x 15 reps/leg

Thursday

- Suitcase Deadlift – 3 sets x 10 reps
- Standing Front Chest Press – 3 sets x 12 reps
- Face Pull – 3 sets x 10 reps
- Prone Leg Curl – 3 sets x 12 reps
- Banded Wood Chop – 2 sets x 10 reps/side
- Side Plank Band Pull – 2 sets x 10 reps/side

Friday

- Resistance Band Squat – 3 sets x 15 reps
- Bent-over Row – 3 sets x 15 reps
- Single-arm Bicep Curl – 3 sets x 10 reps/side

- Reverse Fly – 3 sets x 12 reps
- Banded Wood Chop – 2 sets x 10 reps/side
- Flutter Kicks – 2 sets x 10 reps/leg

You can adjust this program according to your need.

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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