

Full Body 3 Day Resistance Band Workout Routine for Building Muscle

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Workout Program Summary

Program Duration	4-8 Weeks
Workout Goal	Improve Overall Fitness
Sessions/week	Three (Strength, Muscle, & Mobility)
Split Type	Full Body
Duration/Session	30-45 minutes
Target Gender	Male and Female
Experience Require	Beginner to Intermediate
Target Age Group	15-40 Years

This program involves performing strength exercises on Monday, muscle-building exercises on Wednesday, and mobility exercises on Friday.

The combination of strength, hypertrophy, and mobility exercises will help you build a strong, functional, and aesthetic physique over time.

To perform this workout routine, you need only a set of resistance bands and some space where you can move around freely while performing the exercises.

Resistance bands are efficient for building strength and muscles as well as improving your balance and flexibility.

A [study](#) has shown that training with elastic bands stimulates similar strength gains to conventional weight training in people of all ages.

Workout Schedule

- **Monday** – Power Band Strength Training
- **Tuesday** – OFF
- **Wednesday** – Muscle Building Workout
- **Thursday** – OFF
- **Friday** – Balance and Flexibility
- **Saturday** – OFF
- **Sunday** – OFF

5-minute Warm-up: Start your workout with [dynamic stretches](#) and bodyweight [cardio exercises](#). The combination of stretching and cardio will ease muscle stiffness, increase body temperature, and prepare muscles for resistance exercises.

Vary Exercises over Weeks: You can do hundreds of [exercises with resistance bands](#). So, it's best to perform different exercises on different training days. Doing that will provide good results and make your workout program enjoyable.

Day 1 – Power Band Strength Training

Exercise	Muscles	Sets	Reps
Banded Suitcase Deadlift	Legs & Back	3-4	8-12
Banded Standard Push-up	Chest & Tris	3-4	8-12
Resistance Band Squat	Legs & Glutes	3-4	10-15
Banded Bent-over Row	Back & Biceps	3-4	10-15
Banded Overhead Press	Delts & Tris	3-4	10-12
Resistance Band Floor Press	Chest & Tris	3-4	10-12

Day 2 – Muscle Building Workout

Exercise	Muscles	Sets	Reps
Seated Lat Pulldown	Back	2-3	10-15
Banded Seated Rowing	Back	2-3	10-15
Standing 1-arm Chest Press	Chest	2-3	10/arm
Overhead Triceps Extension	Triceps	2-3	10/arm
Single-arm Biceps Curl	Biceps	2-3	10/arm
Banded Lateral Raises	Side Delt	2-3	10/side
Rear Delt Fly	Upper Back	2-3	10-15

Day 3 – Balance and Flexibility

Exercise	Muscles	Sets	Reps
Curtsy Lunge to Squat	Lower Body	3-4	5/leg
Banded Glute Kickback	Glute & Abs	3-4	5/side
Single-leg Deadlift	Legs & Abs	3-4	5/leg
Banded Bird Dog*	Full Body	2-3	5/side
Superman Pulldown	Back & Delts	3-4	10-12

Banded Flutter Kicks	Abdominals	3-4	15-sec
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Banded Bird Dog: Hold for five seconds each during the bird and dog poses.

What Kind of Resistance Bands Do You Need?

Bands with different tension levels allow you to perform various exercises effectively.

For example, you need **loop or mini bands** to perform mobility exercises, **moderate-tension bands** to train small muscle groups like the biceps, triceps, forearms, and deltoids, and **high-tension bands** to perform [compound movements](#) such as deadlifts, overhead presses, and [push-ups](#).

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