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30 Day Resistance Band Workout Plan Description

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Check out [article](#) for more info

Summary

Program Duration	30 Days
Workout Goal	Maximize Strength, Mass, and Balance
Frequency	4-5 Days a Week
Duration/session	30 Minutes
Equipment Required	Mini Band, Power Band, Hooks
Targeted Gender	Men and Women
Difficulty	Beginner to Intermediate
PDF	At the bottom
Alternate Plans	12 Week Resistance Band Training Program
Recommended Supplement	Whey Protein Isolate

Resistance Band 30 Day Workout Summary



Schedule

- Week 1: Total Body Resistance Band Workout
- Week 2: Push/Pull Workout
- Week 3: Upper/Lower Split
- Week 4: Full Body Workout

Additional information about the workout program:

- You'll train four times a week when you do a total body workout and five days when you do the push-pull and upper-lower split.
- You can also perform exercises in the circuit, for example, doing the multiple exercises one after another with little or no rest between them for the suggested time or repetitions. However, circuit training can be challenging if you're a beginner. So, do it as you like. Follow the plan as mentioned or perform the exercises in circuits.
- If you like, you can also follow only one split out of three (full-body, PPL, and upper/lower) throughout the thirty days.

Week 1 – 30 Minute Full Body Resistance Band Workout

Day 1

- [Resistance Band Squat](#): 3 sets x 15 reps, 60-sec rest
- [Resistance Band Bent-over Row](#): 3 x 12 reps, 60-sec rest
- [Resistance Band Overhead Press](#): 2 x 12 reps, 60-sec rest
- [Resistance Band Floor Press](#): 3 x 12 reps, 60-sec rest
- [Single-arm Standing Bicep Curl](#): 2 x 10 reps, 45-sec rest

Day 2

- [Resistance Band Standard Pushup](#): 2 x 10 reps, 60-sec rest
- [Resistance Band Deadlift](#): 3 x 6-8 reps, 60-sec rest
- [Resistance Band Good Morning](#): 2 x 10 reps, 60-sec rest
- [Banded Lateral Raises](#): 3 x 10 reps, 45-sec rest
- [Banded Overhead Tricep Extension](#): 3 x 10 reps, 45-sec rest

Day 3 – Rest

Day 4

- Resistance Band Floor Press: 3 x 10 reps, 60-sec rest
- [Seated Resistance Band Row](#): 3 x 10 reps, 60-sec rest
- [Banded Upright Row](#): 3 x 10 reps, 45-sec rest
- [Resistance Band Hammer Curl](#): 3 x 10 reps, 45-sec rest
- [Standing Oblique Crunch](#): 2 x 10 reps, 30-sec rest

Day 5

- [Banded Curtsy Lunge to Squat](#): 2 x 10 reps, 1-min rest
- [Resistance Band Romanian Deadlift](#): 2 x 10 reps, 1-min rest
- [Banded Lat Pulldown](#): 3 x 10 reps, 1-min rest
- [Banded Triangle Pushup](#): 3 x 10 reps, 1-min rest
- [Resistance Band Bent-Over Reverse Fly](#): 3 x 10 reps, 1-min rest

Day 7 – Rest

Week 2 – Push/Pull Split 30 Minute Resistance Band Workout

Day 8 – Push Workout – Chest, Triceps, and Quadriceps

- Resistance Band Pushup: 3 x 10 reps, 60-sec rest
- Banded Floor Press: 3 x 10 reps, 60-sec rest
- [Standing Resistance Band Incline Press](#): 2 x 10 reps, 45-sec rest
- Banded Overhead Tricep Extension: 3 x 10 reps, 45-sec rest
- [Banded Triceps Kickback](#): 3 x 10 reps, 45-sec rest
- Banded Squat: 3 x 10 reps, 60-sec rest

Day 9 – Pull Workout – Back, Biceps, and Hamstrings

- Banded Deadlift: 3 x 6-8 reps, 60-sec rest
- Banded Bent-over Rowing: 3 x 10 reps, 60-sec rest
- Resistance Band Seated Row: 3 x 10 reps, 60-sec rest
- [Banded Concentration Curl](#): 3 x 10 reps, 45-sec rest
- [Resistance Band Cross Body Curl](#): 3 x 10 reps, 45-sec rest
- Resistance Band Romanian Deadlift: 3 x 6-8 reps, 60-sec rest

Day 10 – Push Workout – Shoulders, Chest, Triceps, and Quads

- Resistance Band Standard Pushup: 3 x 10 reps, 60-sec rest
- Banded Overhead Press: 3 x 10 reps, 60-sec rest
- Banded Lateral Raises: 3 x 10 reps, 60-sec rest
- Resistance Band Squat Jacks: 3 x 10 reps, 60-sec rest
- Banded Floor Press: 3 x 10 reps, 60-sec rest
- Tricep Kickback: 3 x 10 reps, 60-sec rest

Day 12 – Pull Workout – Back, Rear Shoulder, and Hams

- Banded Lat Pulldown: 3 x 10 reps, 60-sec rest
- [Banded Lying Superman Pull](#): 2 x 10 reps, 45-sec rest
- Banded Upright Row: 3 x 10 reps, 60-sec rest

- Banded Rear Delt Fly: 3 x 10 reps, 60-sec rest
- Banded Romanian Deadlift: 3 x 10 reps, 60-sec rest
- [Resistance Band Lying Hamstring Curl](#): 3 x 10 reps, 45-sec rest

Day 13 – Push Workout

- Banded Pushup: 3 x 10 reps, 60-sec rest
- Banded Floor Press: 3 x 10 reps, 60-sec rest
- Resistance Band Overhead Press: 3 x 10 reps, 60-sec rest
- Banded Overhead Tricep Extension: 3 x 10 reps, 45-sec rest
- Banded Squat: 3 x 10 reps, 60-sec rest
- [Banded Hip Thrust](#): 3 x 10 reps, 45-sec rest

Day 14 – Rest

Week 3 – Upper/Lower Resistance Band 30 Min Workout

Day 15 – Upper Body Workout

- Banded Bent-over Rowing: 3 x 10 reps, 60-sec rest
- Resistance Band Seated Row: 3 x 10 reps, 60-sec rest
- Banded Concentration Curl: 3 x 10 reps, 45-sec rest
- Banded Floor Press: 3 x 10 reps, 60-sec rest
- Resistance Band Overhead Press: 3 x 10 reps, 60-sec rest
- Tricep Overhead Extension: 3 x 10 reps, 45-sec rest

Day 16 – Lower Body Workout

- Resistance Band Squat: 3 x 10 reps, 60-sec rest
- Resistance Band Squat Jacks: 3 x 10 reps, 60-sec rest
- Banded Romanian Deadlift: 3 x 10 reps, 60-sec rest
- Resistance Band Leg Kickback: 2 x 10 reps, 45-sec rest
- Resistance Band Leg Curl: 2 x 10 reps, 45-sec rest
- [Banded Calf Raises](#): 2 x 10 reps, 45-sec rest

Day 17 – Upper Body

- Resistance Band Pushup: 3 x 10 reps, 60-sec rest

- Banded Floor Press: 3 x 10 reps, 60-sec rest
- Banded Lateral Raises: 3 x 10 reps, 60-sec rest
- Banded Upright Row: 3 x 10 reps, 60-sec rest
- Resistance Band Seated Row: 3 x 10 reps, 60-sec rest

Day 18 – Rest

- Resistance Band Squat: 3 x 10 reps, 60-sec rest
- [Resistance Band Leg Press](#): 3 x 10 reps, 45-sec rest
- Banded Romanian Deadlift: 3 x 10 reps, 60-sec rest
- Resistance Band Hip Thrust: 3 x 10 reps, 45-sec rest
- [Resistance Band Donkey Kick](#): 2 x 10 reps, 45-sec rest

Day 20 – Upper Body

- Banded Bent-over Rowing: 3 x 10 reps, 60-sec rest
- Banded Floor Press: 3 x 10 reps, 60-sec rest
- Resistance Band Overhead Press: 3 x 10 reps, 60-sec rest
- Shoulder Shrug: 2 x 10 reps, 45-sec rest
- [Resistance Band Bird Dog](#): As many reps as possible (AMRAP), 30-sec rest
- Standing Side Bend: 1 x AMRAP, 30-sec rest
- [Side plank Band Pull](#): 1 x AMRAP, 30-sec rest

Day 21 – Rest

Week 4 – 30-Minute Total Body Resistance Band Workout

Day 22

- Banded Floor Press: 3 x 12 reps, 60-sec rest
- Resistance Band Squat: 3 x 15 reps, 60-sec rest
- Banded Overhead Press: 2 x 12 reps, 60-sec rest
- Resistance Band Bent-over Row: 3 x 12 reps, 60-sec rest
- Banded Upright Row: 3 x 10 reps, 60-sec rest
- Single-arm Standing Bicep Curl: 2 x 10 reps, 45-sec rest

Day 23

- Banded Standard Pushup: 2 x 10 reps, 60-sec rest

- Resistance Band Deadlift: 3 x 6-8 reps, 60-sec rest
- Resistance Band Good Morning: 2 x 10 reps, 60-sec rest
- Banded Seated Rowing: 3 x 10 reps, 60-sec rest
- Resistance Band Glute Bridge: 3 x 10 reps, 45-sec rest
- Banded Shoulder Shrug: 3 x 10 reps, 45-sec rest

Day 24 – Rest

Day 25

- [Banded Close-Grip Pushup](#): 3 x 10 reps, 90-sec rest
- Resistance Band Front Raises: 3 x 10 reps, 60-sec rest
- Banded Lateral Raises: 3 x 10 reps, 60-sec rest
- Seated Resistance Band Row: 3 x 10 reps, 60-sec rest
- Resistance Band Overhead Tricep Extension: 3 x 10 reps, 1-min rest
- Standing Oblique Crunch: 2 x 10 reps, 30-sec rest

Day 26

- Banded Curtsy Lunge to Squat: 2 x 10 reps, 1-min rest
- Resistance Band Romanian Deadlift: 2 x 10 reps, 1-min rest
- Banded Lat Pulldown: 3 x 10 reps, 1-min rest
- Banded Bent-over Row: 3 x 10 reps, 1-min rest
- Resistance Band Floor Press: 3 x 10 reps, 1-min rest
- Standing Resistance Band Incline Press: 2 x 10 reps, 1-min rest

Day 28 – Rest

Day 29

- Banded Deadlift: 3 x 6-10 reps, 60-sec rest
- Resistance Band Squat: 3 x 10 reps, 60-sec rest
- Resistance Band Overhead Press: 3 x 10 reps, 60-sec rest
- Banded Triceps Pushdown: 3 x 10 reps, 45-sec rest
- Banded Concentration Curl: 3 x 10 reps, 45-sec rest
- Resistance Band Side Bend: 2 x 10 reps, 30-sec rest

Day 30

- Banded Pushup: 3 x 10 reps, 90-sec rest
- Banded Bent-over Row: 3 x 10 reps, 60-sec rest

- [Resistance Band Donkey Kick](#): 2 x 10 reps, 30-sec rest
- Resistance Band Reverse Fly: 3 x 10 reps, 60-sec rest
- Banded Triceps Kickback: 3 x 10 reps, 45-sec rest
- Resistance Band Hammer Curl: 3 x 10 reps, 45-sec rest