

# 4 Day Resistance Band Upper Lower Split Workout to Build Muscle

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## About Program

**1. Schedule:** This program includes training the chest and shoulder on day 1, quads and hamstrings on day 2, back and arms on day 3, and quads, glutes, and calves on day 4. Thus, you can effectively work on every muscle group of your body within four days only.

**2. Rest Days:** There will be three rest days throughout the week. For example, you can take a day off after the first two days and two days off after the last two sessions.

**3. Exercise Types:** This program involves performing a combination of isolation and **compound exercises that will help you build strength**, lean mass, balance, and flexibility over time.

**4. Target Gender:** This resistance band training plan is for all genders, whether male or female.

**5. Duration per Session:** The one session will take around 30-45 minutes of your time.

**6. Type of Bands Required:** You need power bands for compound movements, such as deadlifts, push-ups, bent-over rows, and overhead presses, and loop bands for single-joint exercises, such as biceps curls, glute kickbacks, and triceps extensions. Bands with handles and hooks will be more suitable.

**7. Rest Between Sets:** I recommend keeping the rest time as short as possible between sets.

## Routine

- Day 1 – Upper Body (Chest and Shoulder)
- Day 2 – Lower Body (Quads and Hamstrings)
- Day 3 – Upper Body (Back and Arms)
- Day 4 – Lower Body (Quads, Glutes, and Calves)

## Day 1 – Upper Body – Chest and Shoulder

Workout	Reps x Sets	Target Muscles
<b>Banded Push-up</b>	10 x 3	Chest
Standing Chest Press	15 x 3	Chest
Upward Chest Fly	10 x 3	Chest
Overhead Press	15 x 3	Shoulder
<b>Lateral Delt Raises</b>	15 x 3	Shoulder
<b>Rear Delt Fly</b>	15 x 3	Shoulder
Shoulder Shrug	10 x 3	Shoulder

## Day 2 – Lower Body – Quads and Hamstrings

Workout	Reps x Sets	Target Muscles
<b>Monster Walk</b>	20 steps x 3	Quads
Banded Squat	15 x 3	Quads
<b>Curtsy Lunge</b>	10/leg x 3	Quads
<b>Single Leg Deadlift</b>	10 x 3	Hamstrings
<b>Banded Leg Curl</b>	15 x 3	Hamstrings

## Day 3 – Upper Body – Back and Arms

Workout	Reps x Sets	Target Muscles
Seated Band Row	15 x 3	Back
<b>Banded Bent-over Row</b>	15 x 3	Back
<b>Lat Pulldown</b>	15 x 3	Back
<b>Lying Superman Pull</b>	10 x 3	Back
Triceps Kickback	10/arm x 2	Triceps
Behind The Neck Triceps Extension	10/arm x 2	Triceps
Concentration Curl	10/arm x 2	Biceps
Hammer Curl	10 x 3	Biceps

## Day 4 – Lower Body – Quads, Glutes, and Calves

Workout	Reps x Sets	Target Muscles
Back Squat	15 x 3	Quads
Leg Extension	15 x 3	Quads
Glute Kickback	10/side x 3	Glute
<b>Banded Pull Through</b>	10 x 3	Glute
<b>Standing Calf Raises</b>	15 x 3	Calves

# Wrapping it Up

Training with resistance bands is an incredible way to build muscle and strength at home and progress your fitness for resistance gym exercises.

In this blog, I've shown you how you can train your upper and lower body separately with resistance bands through a four-day program.

The upper-lower split allows you to focus on each muscle effectively, providing enough time between workouts for your muscles to recover.

So, let's follow this routine for a few months and see if it is worth it for you and let me know if you have any questions regarding this program so I can help you further.

## Helpful Resources:

- [Resistance Loop Band Triceps Exercises](#)
- [10 Best Banded Bicep Exercises](#)
- [Resistance Arms and Chest Band Workouts](#)
- [Resistance Bands Core Workout](#)
- [20 Best Resistance Band Door Exercises](#)
- [10 Resistance Band Exercises for Back and Shoulders](#)

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