

# Resistance Band Chest Workout Guide

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## Best Resistance Band Chest Exercises

- [1. Resistance Band Standing Chest Press](#)
- [2. Resistance Band Pushup](#)
- [3. Resistance Band Floor Press](#)
- [4. Standing Single-arm Chest Press](#)
- [5. Resistance Band Alternate Floor Press](#)
- [6. Resistance Band Standing Incline Press](#)
- [7. Resistance band Upward Chest Fly](#)
- [8. Resistance Band Lying Chest Fly](#)
- [9. Resistance Band Svend Press](#)
- [10. Resistance Band Pullover](#)

### Routine 1 – 20 minutes workout for beginners

Workout	Reps	Sets
Resistance Band Floor Press	3	8-12
Standing Chest Press	3	8-12
Resistance Band Incline Press	3	8-12
Resistance Band Upward Chest Fly	3	8-12

### Routine 2 – 30 minutes workout for experienced

Workout	Reps	Sets
Resistance Band Pushup	3	8-12
Resistance Band Floor Press	3	8-12
Resistance Band Chest Fly	3	8-12
Resistance Band Chest Fly	3	8-12

Related: [4 Week Resistance Band Training Program W/PDF](#)

## Frequently Asked Questions (FAQs)

### Can Resistance Bands Build a Chest?

Resistance bands are a suitable alternative to weights. They help you build strength, mobility, and mass. [Research](#) has also shown that elasticity bands provide similar strength gains in the upper and lower body than weight training. However, if you want to build lots of muscles, you need to incorporate some heavyweight [dumbbells](#), [barbells](#), and machine exercises into your workout regime.

### How Many Times A Week Should You Do Resistance Band Chest Workouts?

You can do resistance band chest exercises twice a week to build strength and size. The chest is one of the largest upper body muscles that are highly responsible for an attractive-looking physique. To train your chest effectively, you should primarily do compound exercises for the chest, such as pushups and bench presses.

## Related Resistance Band Exercises

- [4 Best Resistance Band Lower Back Exercises](#)
- [Full-Body Resistance Band Workout \(The Ultimate Guide\)](#)
- [7 Best Resistance Band Quad Exercises For Sturdy Legs](#)
- [7 Best Resistance Band Hamstring Exercises](#)
- [Best Resistance Band Exercises For Abs](#)
- [Resistance Loop Band Tricep Exercises](#)