

List of Resistance Band Exercises by Muscle Group

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I'll share a complete list of resistance band exercises for those who work out at home with the bands. Having a full list of resistance band exercises will help you create a [full-body workout plan](#) for increasing strength, balance, and muscle mass.

I've included as many resistance band workouts as possible in this list and divided them according to the muscles they work. Moreover, I've also attached a pdf of this article so you can download it for further use.

Check out: Based on the quality and ratings, I've picked these [5 resistance bands](#). I hope you'll find the one you need.

List of Resistance Band Chest Exercises

If you want to strengthen your chest, you can do the below exercises. These workouts will work on the [upper](#), middle, and [lower chest](#) and help you build defined pecs.

- 1. Resistance Band Standard Push-up**
 - Level: Intermediate
- 2. Resistance Band Floor Press**
 - Level: Beginner
- 3. Resistance Band Alternate Floor Press**
 - Level: Beginner
- 4. [Resistance Band Standing Incline Chest Press](#)**
 - Level: Intermediate
- 5. [Resistance Band Upward Chest Fly](#)**
 - Level: Beginner
- 6. [Resistance Band Standing Chest Press](#)**

- Level: Intermediate
7. **[Resistance Band Pullover for Chest](#)**
 - Level: Intermediate

I've also created an article where I've shared a step-by-step guide on how to perform these [chest exercises](#). You can check it out if you like.

Resistance Band Workout List For Back

You can [strengthen your back muscles with various resistance band exercises](#). Below is the list of exercises you can do with bands with and without an anchor.

1. **Resistance Band Deadlift**
 - Level: Beginner
2. **Resistance Band Bent-Over Rowing**
 - Level: Beginner
3. **Resistance Band Lat Pulldown**
 - Level: Beginner
4. **Resistance Band Single-arm Rowing**
 - Level: Beginner
5. **Banded Face pull**
 - Level: Intermediate
6. **Seated Rowing with Resistance Band**
 - Level: Beginner
7. **Standing Overhead Pull Apart**
 - Level: Beginner
8. **Banded Superman Pull**
 - Level: Beginner

Resistance Band Exercises For Legs

You can do several resistance band exercises to strengthen your lower body muscles, such as quadriceps, hamstrings, glutes, and calves.

- **Resistance Band Squat**
 - Muscle Worked: Quads
 - Level: Intermediate
- **[Banded Curtsy Lunge](#)**

- Muscle Worked: Quads and Glutes
- Level: Intermediate
- **Resistance Band Good Morning**
 - Muscle Worked: Hamstrings and Lower Back
 - Level: Intermediate
- **Resistance Band Leg Extension**
 - Muscle Worked: Quads
 - Level: Intermediate
- **Banded hip Thrust**
 - Muscle Worked: Glutes and Hamstrings
 - Level: Beginner
- **Resistance Band Hamstring Curl**
 - Muscle Worked: Hamstrings
 - Level: Intermediate
- **Resistance Band Leg Press**
 - Muscle Worked: Quads
 - Level: Beginner
- **Resistance Band Romanian Deadlift**
 - Muscle Worked: Hamstrings and Lower Back
 - Level: Beginner
- **Standing Resistance Band Glute Kickbacks**
 - Muscle Worked: Hamstrings and Glute
 - Level: Beginner
- **Resistance Band Squat Jacks**
 - Muscle Worked: Quads
 - Level: Beginner
- **Monster Walk**
 - Muscle Worked: Lower Body
 - Level: Beginner
- **Resistance Band Donkey Kick**
 - Muscle Worked: Glute, Hamstring, and Core
 - Level: Intermediate
- **Banded Glute Bridge With Alternating Leg Raise**
 - Muscle Worked: Glute and Hamstring
 - Level: Intermediate
- **Clamshell**
 - Muscle Worked: Glutes and Hams
 - Level: Beginner

Resistance Band Exercises For Shoulder

If you want to increase your shoulder strength and mobility, resistance band workouts can be pretty helpful for you. With bands, you can

strengthen [front](#), [lateral](#), and [rear deltoids](#) and [build sturdy shoulders at home](#).

Here's a list of resistance band exercises you can do at home:

1. **Resistance Band Overhead Press**
 - Targeted Muscles: Front Delt
 - Level: Intermediate
2. **Resistance Band Front Raises**
 - Targeted Muscles: Front Delt
 - Level: Beginner
3. **Resistance Band Lateral Raises**
 - Targeted Muscles: Lateral Delt
 - Level: Beginner
4. **Resistance Band Upright Row**
 - Targeted Muscles: Upper Trap, Neck and Rear Delt
 - Level: Beginner
5. **Resistance Band Shrug**
 - Targeted Muscles: Shoulder and Neck
 - Level: Beginner
6. **Resistance Band Pull Apart**
 - Targeted Muscles: Rear Delt and Trap
 - Level: Beginner
7. **Banded Reverse Fly**
 - Targeted Muscles: Rear Delt and Trap
 - Level: Intermediate

Resistance Band Exercises For Arms

You can do myriad exercises with resistance bands to [build brawny arms](#). I've incorporated the best [biceps](#) and [triceps](#) workouts that you can do at home with just bands in the below list.

1. **Resistance Band Tricep Pushdown**
 - Level: Beginner
2. **Resistance Band Overhand Triceps Extension**
 - Level: Intermediate
3. **Resistance Band Triceps Kickback**
 - Level: Beginner
4. **Resistance Band Narrow Grip Floor Press**
 - Level: Beginner
5. **Single-arm Standing Bicep Curl**
 - Level: Beginner
6. **Banded Concentration Curl**

- Level: Beginner
- 7. **Reverse Bicep Curl**
 - Level: Beginner
- 8. **Hammer Curl**
 - Level: Beginner
- 9. **Resistance Band Crossover Curl**
 - Level: Beginner
- 10. **Both Arm Resistance Band Curl**
 - Level: Beginner
- 11. **Resistance Band Lying Bicep Curl**
 - Level: Intermediate

Core Exercises

If you have been working out for a while, it's time to challenge your core strength and mobility. I've compiled a list of the seventeen abs workouts that you can possibly do with resistance bands.

Here's the list:

1. **Resistance Band Flutter Kicks**
 - Level: Intermediate
2. **Kneeling Resistance Band Crunches**
 - Level: Beginner
3. **Banded Bicycle Crunch**
 - Level: Advanced
4. **Resistance Band Leg raises**
 - Level: Intermediate
5. **Side Leg Raises With Resistance Band**
 - Level: Beginner
6. **Banded Reverse Crunches**
 - Level: Intermediate
7. **Resistance Band Standing Side Bend**
 - Level: Beginner
8. **Standing Resistance Band Crunches**
 - Level: Intermediate
9. **Side plank Band Pull**
 1. Level: Advanced
10. **Resistance Band Mountain Climber**
 - Level: Advanced
11. **Banded Wood chop (Downward)**
 - Level: Intermediate
12. **Resistance Band Bird Dog**
 - Level: Advanced

13. **Banded Wood chop (Upward)**
 - Level: Advanced
14. **Resistance Band Dead Bug**
 - Level: Advanced
15. **Resistance Band Russian Twist**
 - Level: Intermediate
16. **Resistance Band Knee to Elbow Crunch**
 - Level: Intermediate
17. **Plank Leg Kickback**
 - Level: Intermediate

If you want to perform the above exercises with step-by-step instructions, you can check out this [article](#).

Related Articles

1. [List Of Powerlifting Exercises](#)
2. [The 100 Best CrossFit WOD List](#)
3. [Barbell Exercises List By Muscle Group](#)

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