

The Best 14-Day Resistance Band Workout for Women

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This program involves training for 20 to 30 minutes daily for 14 days (2 weeks).

You'll train two muscles in each session: chest and legs on day 1, back and abs on day 2, and glutes and shoulder on day 3. This way, it allows you to hit your entire body within three to four sessions and will help you build strong and proportional legs, glutes, and torso over time.

Program Overview

Split Type	Two Muscles Group a Day
Program Duration	8 Weeks
Sessions/week	7x week
Duration/session	20-30 minutes
Workout Goal	Build a strong and toned physique
Experienced Require	Beginner to Intermediate
Target Gender	Female
Target Age Group	16-35 years
Equipment Needed	Bands, Hook, and Mat

Schedule

- Day 1 – Chest and Legs
- Day 2 – Back and Abs
- Day 3 – Glutes and Shoulder
- Day 4 – Arms and Legs
- Day 5 – Chest and Abs
- Day 6 – Back and Shoulder
- Day 7 – Glutes and Arms
- Day 8 – Legs and Chest
- Day 9 – Back and Abs
- Day 10 – Shoulder and Glutes
- Day 11 – Chest and Arms
- Day 12 – Legs and Back
- Day 13 – Glutes and Shoulder
- Day 14 – Arms and Abs

Instructions to follow the workout:

- **Warm-up:** I recommend a quick 3-minute warm-up to get your heart up and muscles ready so you can do well during the resistance band training. You can do any

exercises you like, including [dynamic stretches](#) and [aerobic exercises](#).

- **Rest between sets:** I suggest keeping the rest time as short as possible between sets. Shorter rest periods will keep your muscles warm and help your body burn significant calories while strengthening your muscles and joints.
- **Cardio (optional):** If you want to increase your endurance and torch fats, adding cardio to your workout will help you achieve better fitness over time.
- **Recovery between workouts:** This program doesn't have a rest day, but I recommend listening to your body and reacting accordingly. For example, a rest day would be fine when your muscles aren't fully recovered.

Day 1 – Chest and Legs

Chest Workout

- **Banded Floor Press:** 2 sets x 15 reps
- **Standing Chest Press:** 2 sets x 15 reps
- **Standing Parallel Chest Fly:** 2 sets x 15 reps

Legs Workout

- **Banded Squat:** 2 sets x 12 reps
- **Curtsy Lunge:** 2 sets x 6 reps per side
- **Lying Leg Curl:** 3 sets x 12 reps

Day 2 – Back and Abs

Back Workout

- **Lat Pulldown:** 3 sets x 12 reps
- **Bent-over Single-arm Row:** 2 sets x 10 reps per side
- **Superman Row:** 3 sets x 10 reps

Abs Workout

- **High to Low Chop:** 2 sets x 10 reps on each side
- **Flutter Kicks:** 2 sets x 15-second
- **Banded Dead Bug:** 2 sets x 5 reps on each side

Day 3 – Glutes and Shoulder

Glutes Workout

- **Fire Hydrant:** 2 sets x 10 reps per leg
- **Glute Kickback:** 2 sets x 10 reps on each side

- **Banded Hip Bridge:** 3 sets x 12 reps

Shoulder Workout

- **Overhead Press:** 3 sets x 12 reps
- **Lateral Raises:** 3 sets x 12 reps
- **Rear Delt Fly:** 3 sets x 12 reps

Day 4 – Arms and Legs

Arms Workout

- **Single-arm Overhead Triceps Extension + Standing One-arm Biceps Curl (Superset):** 2 sets x 10 reps per leg
- **Single-arm Triceps Kickback + Hammer Curl (superset):** 2 sets x 10 reps per arm

Legs Workout

- **Banded Cossack Squat:** 2 sets x 10 reps per leg
- **Leg Extension:** 3 sets x 15 reps
- **Suitcase/Romanian Deadlift:** 3 sets x 10 reps

Day 5 – Chest and Abs

Chest Workout

- **Standing Incline Chest Press:** 2 sets x 12 reps
- **Standing Upward Fly:** 2 sets x 12 reps
- **Banded Push-ups:** 2 sets x 8-10 reps

Abs Workout

- **Bicycle Crunch:** 2 sets x 5 reps per side
- **Side Leg Raises:** 2 sets x 8 reps on each side
- **Kneeling Crunch:** 3 sets x 15 reps

Day 6 – Back and Shoulder

Back Workout

- **Seated Band Row:** 2 sets x 15 reps
- **Banded Lat Pullover:** 2 sets x 10 reps
- **Narrow Grip Lat Pulldown:** 2 sets x 12 reps

Shoulder Workout

- **Single-arm Lateral Raises:** 3 sets x 6 reps per side
- **Rear Delt Row:** 2 sets x 15 reps

- **Shoulder Shrug:** 2 sets x 12 reps

Day 7 – Glutes and Arms

Glutes Workout

- **Banded Pull Through:** 2 sets x 10 reps per side
- **Single-leg Glute Bridge:** 2 sets x 10 reps per side
- **Donkey Kick:** 2 sets x 10 reps on each side

Arms Workout

- **Triceps Pushdown + Concentration Curl (superset):** 2 sets x 15 reps
- **Bench Assisted Dips + Reverse Biceps Curl (superset):** 2 sets x 10-12 reps

Day 8 – Legs and Chest

Legs Workout

- **Resistance Band Squat:** 3 sets x 15 reps
- **Lying Leg Press:** 3 sets x 15 reps
- **Prone Leg Curl:** 3 sets x 15 reps

Chest Workout

- **Banded Floor Press:** 3 sets x 15 reps
- **Standing Chest Press:** 2 sets x 15 reps
- **Standing Parallel Chest Fly:** 2 sets x 15 reps

Day 9 – Back and Abs

Back Workout

- **Lat Pulldown:** 3 sets x 12 reps
- **Bent-over Single-arm Row:** 2 sets x 10 reps per side
- **Superman Row:** 3 sets x 10 reps

Abs Workout

- **High to Low Chop:** 2 sets x 10 reps on each side
- **Knee to Elbow Crunch:** 2 sets x 10 reps per side
- **Banded Dead Bug:** 2 sets x 5 reps on each side

Day 10 – Shoulder and Glutes

Shoulder Workout

- **Overhead Press:** 3 sets x 12 reps
- **Lateral Raises:** 3 sets x 12 reps

- **Reverse Fly:** 3 sets x 12 reps

Glutes Workout

- **Fire Hydrant:** 2 sets x 10 reps per leg
- **Glute Kickback:** 2 sets x 10 reps on each side
- **Banded Hip Bridge:** 3 sets x 12 reps

Day 11 – Chest and Arms

Chest Workout

- **Standing Incline Chest Press:** 2 sets x 12 reps
- **Standing Upward Fly:** 2 sets x 12 reps
- **Banded Push-ups:** 2 sets x 8-10 reps

Arms Workout

- **One-arm Overhead Triceps Extension + Single-arm Biceps Curl (Superset):** 2 sets x 10 reps per leg
- **One-arm Triceps Kickback + Hammer Curl (superset):**
2 sets x 10 reps per arm

Day 12 – Legs and Back

Legs Workout

- **Squat Jacks:** 2 sets x 10 steps per side
- **Leg Extension:** 3 sets x 15 reps
- **Suitcase/Romanian Deadlift:** 3 sets x 10 reps

Back Workout

- **Seated Band Row:** 2 sets x 15 reps
- **Banded Lat Pullover:** 2 sets x 10 reps
- **Narrow Grip Lat Pulldown:** 2 sets x 12 reps

Day 13 – Glutes and Shoulder

Glutes Workout

- **Clamshell:** 2 sets x 10 reps per side
- **Banded hip Thrust:** 2 sets x 10 reps per side
- **Standing Glute Kickbacks:** 2 sets x 10 reps on each side

Shoulder Workout

- **Overhead Press:** 3 sets x 12 reps
- **Lateral Raises:** 3 sets x 12 reps

- **Reverse Fly:** 3 sets x 12 reps

Day 14 – Arms and Abs

Arms Workout

- **Triceps Pushdown + Concentration Curl (superset):** 2 sets x 15 reps
- **Bench Assisted Dips + Reverse Biceps Curl (superset):** 2 sets x 10-12 reps

Abs Workout

- **Reverse Crunches:** 2 sets x 5 reps per side
- **Side Leg Raises:** 2 sets x 8 reps on each side
- **Kneeling Crunch:** 3 sets x 15 reps

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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