

# Ultimate 5 Day Resistance Band Workout Routine

You can follow the creator: [Murshid Akram](#)

Check out complete [article](#) for more info

## Summary

Program Duration	8 Weeks
Main Goal	Build Strength, Mass, Mobility
Routine Type	Upper/Lower Split
Targeted Gender	Male and Female
Difficulty Level	Beginners to Intermediate
Duration of a Session	30-45 Minutes
Recommended Supplement	<a href="#">Whey Protein Isolate</a>
Alternate Plan	<a href="#">30-minute workout for 30 days</a>

## 5 Day Resistance Band Workout Routine

- Monday – Upper Body
- Tuesday – Lower Body and Core
- Wednesday – Upper Body
- Thursday – OFF
- Friday – Lower Body and Core
- Saturday – Upper Body
- Sunday – OFF

### Day 1 – Resistance Band Upper Body Workout

Exercise	Muscles	Reps	Rest
<a href="#">Resistance Band Push-up</a>	Chest, Triceps	10 x 3	2-min
<a href="#">Resistance Band Floor Press</a>	Chest, Triceps	10 x 3	2-min
<a href="#">Banded Lateral Raises</a>	Shoulder	10 x 3	1-min
<a href="#">Overhead Tricep Extension</a>	Triceps	10 x 3	1-min
<a href="#">Banded Bent-over Row</a>	Back	10 x 3	2-min

<a href="#">Banded Seated Rowing</a>	Back	10 x 3	1-min
--------------------------------------	------	--------	-------

## Day 2 – Resistance Band for Lower Body and Abs

Exercise	Muscles	Reps	Rest
<a href="#">Resistance Band Squat</a>	Quadriceps	10 x 3	2-min
<a href="#">Resistance Band Deadlift</a>	Posterior Chain	6 x 3	2-min
<a href="#">Banded Squat Jacks</a>	Quad and Glute	10 x 3	1-min
<a href="#">Band Good Morning</a>	Hamstrings	10 x 3	2-min
<a href="#">Standing Oblique Crunch</a>	Obliques	10 x 2	1-min
<a href="#">Resistance Band Dead Bug</a>	Abs	10 x 2	1-min

## Day 3 – Upper Body Banded Exercises

Exercise	Muscles	Reps	Rest
<a href="#">Banded Overhead Press</a>	Shoulder	10 x 3	2-min
<a href="#">Banded Triangle Pushup</a>	Chest, Triceps	10 x 3	2-min
<a href="#">Banded Lat Pulldown</a>	Lats	10 x 3	2-min
<a href="#">Banded Upright Row</a>	Shoulder	10 x 3	2-min
<a href="#">Banded Hammer Curl</a>	Biceps	10 x 3	1-min
<a href="#">Seated Band Face Pull</a>	Rear Delt, Trap	10 x 3	1-min

## Day 4 – Lower Body and Core Exercises

Exercise	Muscles	Reps	Rest
<a href="#">Curtsy Lunge to Squat</a>	Legs & Glute	10 x 3	2-min
<a href="#">Banded Leg Extension</a>	Quadriceps	10 x 3	1-min
<a href="#">Resistance Band Leg Curl</a>	Hamstrings	10 x 3	1-min
<a href="#">Resistance Band Donkey Kick</a>	Glutes	10 x 2	1-min
<a href="#">Banded Romanian Deadlift</a>	Hamstrings	10 x 3	1-min
<a href="#">Banded Side Plank Pull</a>	Core and Back	10 x 2	1-min

## Day 5 – Upper Body Workouts

Exercise	Muscles	Reps	Rest
Resistance Band Push up	Chest, Triceps	10 x 3	2-min
<a href="#">Resistance Band Svend Press</a>	Chest	10 x 2	1-min

Banded Front Raises	Front Delt	10 x 3	1-min
<a href="#">Banded Superman Pulldown</a>	Lats & Lower Back	10 x 3	2-min
<a href="#">Bent-Over Reverse Fly</a>	Rear Delt, Upper Back	10 x 3	2-min
<a href="#">Banded Concentration Curl</a>	Biceps	10 x 3	1-min

## Help Us Grow on Social Medias

[Reddit](#) | [Facebook](#) | [Instagram](#) | [Twitter](#) | [Pinterest](#)