Weekly 15-Minute Resistance Band Workout

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Check out article for more info

Summary

Workout Goal	Build Strength, Flexibility & Mass
Frequency	6 Days a week
Routine Type	Full Boy
Duration/session	15 minutes
Targeted Gender	Male and Female
Difficulty	Beginner
Plan to Follow Next	30-minute workout with bands

Schedule

Day	Targeted Muscles
Monday	Chest, Shoulder, Quads, and Triceps
Tuesday	Back, Biceps, Hamstrings, and Glutes
Wednesday	Chest, Shoulder, Quads, and Triceps
Thursday	Back, Biceps, Hamstrings, and Core
Friday	Chest, Shoulder, Quads, and Triceps
Saturday	Back, Biceps, Hamstrings, and Core
Sunday	OFF

Monday – Chest, Shoulder, Quads, and Triceps

Exercise	Reps	Sets	Rest
Banded Standard Pushup	8-10	2	30-sec
Resistance Band Squat	12-15	2	30-sec
Banded Floor Press	10-12	2	30-sec

Banded Lateral Raises	10-12	2/side	30-sec
Overhead Tricep Extension	10-12	2	30-sec

Tuesday – Back, Biceps, Hamstrings, and Glutes

Exercise	Reps	Sets	Rest
Bent-over Row	10-12	2	30-sec
Seated Rowing	10-12	2	30-sec
Single-arm Bicep Curl	10-12	2	15-sec
Lying Leg Curl	10-12	2	30-sec
Leg Kickback	8-10	2	15-sec

Wednesday – Chest, Shoulder, Quads, and Triceps

Exercise	Reps	Sets	Rest
Close-Grip Pushup	8-10	2	45-sec
Overhead Press	8-12	2	45-sec
Suitcase Deadlift	8-10	2	45-sec
Curtsy Lunge to Squat	8-10	2	45-sec
Rear Delt Fly	8-12	2	45-sec

Thursday – Back, Biceps, Hamstrings, and Core

Exercise	Reps	Sets	Rest
Resistance Band Deadlift	6-8	2	45-sec
Superman Pull	8-10	2	45-sec
Facepull	8-12	2	45-sec
Concentration Curl	8-12	2	30-sec
Flutter Kicks	15-sec	2	15-sec

Friday – Chest, Shoulder, Quads, and Triceps

Exercise	Reps	Sets	Rest
Squat	10-12	2	30-sec
Floor Press	8-12	2	45-sec
Chest Fly	8-10	2	30-sec
Lateral Raises	8-10	2	45-sec
Leg Extension	10-12	2	45-sec

Saturday – Back, Biceps, Hamstrings, and Core

Exercise	Reps	Sets	Rest
Bent-over Row	10-12	2	30-sec
Lat Pulldown	10-12	2	45-sec
Hammer Curl	10-12	2	30-sec
Single-Leg Deadlift	6-8	2	30-sec
Dead Bug	8-10	2	30-sec

Additional tips for using this workout plan effectively:

- **Warm-up**: Warm-up helps increase your heart rate and blood flow and prepares your body to perform resistance exercises effectively. You can do low-intense cardio exercises for five and ten minutes before you start the main training.
- **Type of bands needed**: Having bands with different tension level allow you to perform various exercises effectively. For example, with the light band, you can do isolation exercises, such as biceps curls, front raises, flutter kicks, etc. And with heavy bands, you can do compound exercises, such as pushups, deadlifts, and squats.
- **Integration of additional exercises**: You can also integrate dumbbell, bodyweight, and barbell exercises to add more variety to your workout routine.
- **Substitute/Replace exercises**: There are tons of workouts that you can do with resistance bands. So it's best to perform different exercises on different days of your training. Doing that will not only provides good results but also make your workout program enjoyable.

Helpful Resources:

1. Resistance Band Bicep Exercises
2. Resistance Band Rear Delt Exercises
3. Resistance Band Tricep Exercises
4. Resistance Band Lat Exercises

5. Resistance Band Chest Workout
6. Resistance Band Exercises for Abs
7. Resistance Band Quad Exercises
8. Resistance Band Hamstring Exercises
9. Resistance Band Lower Back Exercises

Related Workout Programs:

- 3 Day Resistance Band Workout
- The Ultimate 5 Day Bands Workout
- 4-week Resistance Band Training Program

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