



12-Week Resistance Band Workout Program

Weeks 1-4: Full-Body

Monday

<i>Full-Body Day 1</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Squats	3	6-8	1 minute 30 seconds
Chest Presses	3	8-10	1 minute
Band-Assisted Pull-Ups	3	8-10	1 minute
Banded Calf Raises	2	10-12	45 seconds
Banded Crunches	2	10-12	45 seconds
CARDIO	10 minute Stairmaster		
COOLDOWN	5 minutes full-body stretching		

Estimated Workout Duration: 45 minutes

Tuesday

<i>Full-Body Day 2</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Conventional Deadlifts	3	6-8	1 minute 30 seconds
Good Mornings	3	8-10	1 minute
Banded Pulldowns	3	8-10	1 minute
Band Pull Aparts	2	10-12	45 seconds
Decline Band Press Sit-Ups	2	10-12	45 seconds
CARDIO	10 minutes walking on an incline		
COOLDOWN	5 minutes full-body stretching		

Estimated Workout Duration: 45 minutes

Wednesday

REST DAY

Thursday

<i>Full-Body Day 3</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Straight Leg Deadlifts	3	6-8	1 minute 30 seconds
Banded Glute Bridges	3	8-10	1 minute
Band Tricep Pressdowns	3	8-10	1 minute
Hammer Curls	2	10-12	45 seconds
Straight Arm Press	2	10-12	45 seconds

With Abdominal Hold			
CARDIO	5-minute HIIT workout		
COOLDOWN	5 minutes full-body stretching		

Estimated Workout Duration: 40 minutes

Friday

<i>Full-Body Day 4</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Monster Walk	3	6-8	1 minute 30 seconds
Wide-Stance Band Pullthroughs	3	8-10	1 minute
Arnold Presses	3	8-10	1 minute
Bicep Curls	2	10-12	45 seconds
Banded Wood Chopper	2	10-12	45 seconds
CARDIO	10 minute Stairmaster		
COOLDOWN	5 minutes full-body stretching		

Estimated Workout Duration: 45 minutes

Saturday

REST DAY

Sunday

REST DAY

Weeks 5-8: Upper-Body/Lower-Body Split

Monday

<i>Upper-Body Day 1</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Chest Presses	4	8-10	1 minute 30 seconds
Band Pull Aparts	3	10-12	45 seconds
Overhead Tricep Extensions	3	10-12	45 seconds
Banded Pulldowns	3	12-15	30 seconds
Concentration Curls	2	12-15	30 seconds
CARDIO	15 minute Stairmaster		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 60 minutes

Tuesday

<i>Lower-Body Day 1</i>			
WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME
Squats	4	8-10	1 minute 30 seconds
Single-Leg Straight Deadlifts	3	10-12	45 seconds
Single-Leg Glute Bridges	3	10-12	45 seconds
Banded Calf Raises	3	12-15	30 seconds
Banded Crunches	2	12-15	30 seconds

CARDIO	20 minutes walking on an incline
COOLDOWN	5 minutes lower-body stretching

Estimated Workout Duration: 65 minutes

Wednesday

REST DAY

Thursday

<i>Upper-Body Day 2</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Chest Flyes	4	8-10	1 minute 30 seconds
Band-Assisted Chin-Ups	3	10-12	45 seconds
Resisted Dips	3	10-12	45 seconds
Arnold Presses	3	12-15	30 seconds
Alternating Bicep Curls	2	12-15	30 seconds
CARDIO	10-minute HIIT workout		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 55 minutes

Friday

<i>Lower-Body Day 2</i>			
WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME
Conventional	4	8-10	1 minute 30 seconds

Deadlifts			
Good Mornings	3	10-12	45 seconds
Fire Hydrants	3	10-12	45 seconds
Single-Leg Banded Calf Raises	3	12-15	30 seconds
Resisted Russian Twists	2	12-15	30 seconds
CARDIO	15 minute Stairmaster		
COOLDOWN	5 minutes lower-body stretching		

Estimated Workout Duration: 60 minutes

Saturday

REST DAY

Sunday

REST DAY

Weeks 9-12: Push/Pull/Legs Split

Monday

<i>Push Day</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Chest Presses	4	10-12	1 minute
Arnold Presses	4	12-15	30 seconds
Upright Rows	3	12-15	30 seconds
Skull Crushers	3	12-15	30 seconds
Kneeling Crunches	3	15-20	30 seconds
CARDIO	20 minute Stairmaster		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 65 minutes

Tuesday

<i>Pull Day</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Conventional Deadlifts	4	10-12	1 minute
Banded Pulldowns	4	12-15	30 seconds
Single Arm Rows	3	12-15	30 seconds
Hammer Curls	3	12-15	30 seconds
Weighted Leg Raises	3	15-20	30 seconds

CARDIO	30 minutes walking on an incline
COOLDOWN	5 minutes upper-body stretching

Estimated Workout Duration: 75 minutes

Wednesday

<i>Legs Day</i>			
WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME
Squats	4	10-12	1 minute
Banded Glute Bridges	4	12-15	30 seconds
Lying Hip Abductors	3	12-15	30 seconds
Lateral Band Walk	3	12-15	30 seconds
Single-Leg Banded Calf Raises	3	15-20	30 seconds
CARDIO	15-minute HIIT workout		
COOLDOWN	5 minutes lower-body stretching		

Estimated Workout Duration: 60 minutes

Thursday

REST DAY

Friday

<i>Push Day</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Chest Presses	4	10-12	1 minute

Arnold Presses	4	12-15	30 seconds
Upright Rows	3	12-15	30 seconds
Skull Crushers	3	12-15	30 seconds
Kneeling Crunches	3	15-20	30 seconds
CARDIO	20 minute Stairmaster		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 65 minutes

Saturday

<i>Pull Day</i>			
WARM-UP	5 minutes walking on treadmill + active stretching		
EXERCISE	SETS	REPS	REST TIME
Conventional Deadlifts	4	10-12	1 minute
Banded Pulldowns	4	12-15	30 seconds
Single Arm Rows	3	12-15	30 seconds
Hammer Curls	3	12-15	30 seconds
Weighted Leg Raises	3	15-20	30 seconds
CARDIO	30 minutes walking on an incline		
COOLDOWN	5 minutes upper-body stretching		

Estimated Workout Duration: 75 minutes

Sunday

<i>Legs Day</i>			
WARM-UP	5 minutes biking + active stretching		
EXERCISE	SETS	REPS	REST TIME

Squats	4	10-12	1 minute
Banded Glute Bridges	4	12-15	30 seconds
Lying Hip Abductors	3	12-15	30 seconds
Lateral Band Walk	3	12-15	30 seconds
Single-Leg Banded Calf Raises	3	15-20	30 seconds
CARDIO	15-minute HIIT workout		
COOLDOWN	5 minutes lower-body stretching		

Estimated Workout Duration: 60 minutes