
Full-Body Resistance Band Workout Plan for Beginners (Home Edition)



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Program details: [Full-Body Resistance Band Workout Plan for Beginners \(Home Edition\)](#)

About the Program

Parameter	Details
Training Type	Full Body Training System
Level	Beginners
Frequency	3 Times per Week (Monday, Wednesday, Friday)
Program Duration	4 Weeks
Workout Duration	45–65 Minutes
Primary Goal	Muscle Gain (Hypertrophy), Strength Foundation, Movement Control
Training Location	Home
Required Equipment	Resistance Bands (Multiple Tension Levels), Door Anchor or Stable Attachment Point
Exercise Selection	Resistance Band–Based Compound and Isolation Exercises
Progression Model	Stronger bands, increased reps, improved tempo control
Fatigue Management	Non-consecutive training days; controlled RPE
Beginner-Friendly	Low joint stress, adjustable resistance, simple movement patterns
Rest Between Sets	45–75 seconds (depending on exercise complexity)
Warm-Up Included	Yes – light band mobility and activation sets
Cool Down	Optional stretching and band-assisted mobility work

Weekly Training Overview

Day	Activity
Monday	Full Body Resistance Band Workout (Day 1)
Tuesday	Rest or Light Activity
Wednesday	Full Body Resistance Band Workout (Day 2)
Thursday	Rest or Light Activity
Friday	Full Body Resistance Band Workout (Day 3)
Saturday	Optional Mobility or Light Cardio
Sunday	Rest

Understanding RPE in This Program

Throughout this program, you'll often see the term **RPE**. RPE stands for *Rate of Perceived Exertion* and is a simple way to measure how hard a set feels, based on your own perception of effort rather than exact weight or resistance.

This system is helpful for resistance-band training, where exact load numbers are difficult to standardize. By using RPE, you can adjust band tension, repetitions, and tempo to match your current strength level while still progressing safely and effectively.

RPE Level	What It Feels Like	Reps Left in Reserve
RPE 6	Comfortable effort, very controlled	4–5 reps left
RPE 7	Challenging but sustainable	3 reps left
RPE 7.5	Hard, strong focus required	2 reps left
RPE 8	Very challenging, near your limit	1–2 reps left

In simple terms, RPE 7 means you finish the set feeling challenged but confident that you could still perform about three more quality repetitions if needed.

Week 1 – Laying the Foundation

Day 1 – Monday (Week 1)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Squat	4	12–15	7	Quads, glutes, hamstrings
Resistance Band Chest Press (Standing or Floor)	3	12–14	7	Chest, triceps, anterior deltoids
Resistance Band Seated Row	3	12–14	7	Upper back, lats, biceps
Resistance Band Shoulder Press	3	12–14	7	Deltoids, triceps
Resistance Band Romanian Deadlift	3	14–16	7	Hamstrings, glutes, lower back
Resistance Band Biceps Curl	3	14–16	7	Biceps
Standing Resistance Band Crunch	3	15–20	7	Abdominals

Day 2 – Wednesday (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Reverse Lunge	4	12 / leg	7	Quads, glutes, hamstrings
Resistance Band Lat Pulldown (Door Anchor)	3	12–14	7	Lats, biceps, upper back
Resistance Band Chest Fly	3	12–14	7	Chest (pectorals)
Resistance Band Face Pull	3	14–16	7	Rear delts, upper back, rotator cuff
Resistance Band Hip Thrust / Glute Bridge	3	14–16	7	Glutes, hamstrings

Resistance Band Triceps Pushdown	3	14–16	7	Triceps
Resistance Band Russian Twist	3	20 total	7	Obliques, core

Day 3 – Friday (Week 3)

Exercise	Sets	Reps / Time	RPE	Muscles Worked
Resistance Band Deadlift	4	12–15	7	Glutes, hamstrings, lower back
Resistance Band One-Arm Row	3	12–14 / arm	7	Lats, mid-back, biceps
Resistance Band Push-Up (Band Across Back)	3	10–12	7	Chest, triceps, shoulders
Resistance Band Lateral Raise	3	14–16	7	Lateral deltoids
Resistance Band Hamstring Curl (Lying)	3	14–16	7	Hamstrings
Resistance Band Hammer Curl	2–3	14	7	Biceps, forearms
Plank with Resistance Band Row	3	20–30 sec	7	Core, shoulders, upper back

Week 2 – Improving Control & Band Tension Progression

Day 1 – Monday (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Squat	4	12–14	7	Quads, glutes, hamstrings
Resistance Band Chest Press	3	10–12	7	Chest, triceps, anterior deltoids
Resistance Band Seated Row	3	12–14	7	Upper back, lats, biceps
Resistance Band Shoulder Press	3	12–14	7	Deltoids, triceps
Resistance Band Romanian Deadlift	3	14–16	7	Hamstrings, glutes
Resistance Band Biceps Curl	2–3	14–16	7	Biceps
Standing Resistance Band Crunch	3	15–20	7	Abdominals

Day 2 – Wednesday (Week 2)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Reverse Lunge	4	12 / leg	7	Quads, glutes, hamstrings
Resistance Band Lat Pulldown (Door Anchor)	3	12–14	7	Lats, biceps, upper back
Resistance Band Chest Fly	3	12–14	7	Chest
Resistance Band Face Pull	3	14–16	7	Rear delts, upper back
Resistance Band Hip Thrust / Glute Bridge	3	14–16	7	Glutes, hamstrings
Resistance Band Triceps Pushdown	2–3	14–16	7	Triceps
Resistance Band Russian Twist	3	20–24 total	7	Obliques, core

Day 3 – Friday (Week 2)

Exercise	Sets	Reps / Time	RPE	Muscles Worked
Resistance Band Deadlift	4	12–14	7	Glutes, hamstrings, lower back
Resistance Band One-Arm Row	3	12–14 / arm	7	Lats, mid-back, biceps
Resistance Band Push-Up	3	10–12	7	Chest, triceps, shoulders
Resistance Band Lateral Raise	3	14–16	7	Lateral deltoids
Resistance Band Hamstring Curl (Lying)	3	14–16	7	Hamstrings
Resistance Band Hammer Curl	2–3	14	7	Biceps, forearms
Plank with Resistance Band Row	3	25–35 sec	7	Core, shoulders, upper back

Week 3 – Progressive Overload with Resistance Bands

Day 1 – Monday (Week 3)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Squat	4	10–12	7.5	Quads, glutes, hamstrings
Resistance Band Chest Press	3	10–12	7.5	Chest, triceps, anterior deltoids
Resistance Band Seated Row	3	12	7.5	Upper back, lats, biceps
Resistance Band Shoulder Press	3	12	7.5	Deltoids, triceps
Resistance Band Romanian Deadlift	3	12–14	7.5	Hamstrings, glutes
Resistance Band Biceps Curl	2–3	14	7.5	Biceps
Standing Resistance Band Crunch	3	15–20	7.5	Abdominals

Day 2 – Wednesday (Week 3)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Reverse Lunge	4	10–12 / leg	7.5	Quads, glutes, hamstrings
Resistance Band Lat Pulldown (Door Anchor)	3	10–12	7.5	Lats, biceps, upper back
Resistance Band Chest Fly	3	10–12	7.5	Chest
Resistance Band Face Pull	3	14–16	7.5	Rear delts, upper back
Resistance Band Hip Thrust / Glute Bridge	3	12–14	7.5	Glutes, hamstrings
Resistance Band Triceps Pushdown	2–3	12–14	7.5	Triceps
Resistance Band Russian Twist	3	24–28 total	7.5	Obliques, core

Day 3 – Friday (Week 3)

Exercise	Sets	Reps / Time	RPE	Muscles Worked
Resistance Band Deadlift	4	10–12	7.5	Glutes, hamstrings, lower back
Resistance Band One-Arm Row	3	12 / arm	7.5	Lats, mid-back, biceps
Resistance Band Push-Up	3	10–12	7.5	Chest, triceps, shoulders
Resistance Band Lateral Raise	3	14–16	7.5	Lateral deltoids
Resistance Band Hamstring Curl (Lying)	3	12–14	7.5	Hamstrings
Resistance Band Hammer Curl	2–3	12–14	7.5	Biceps, forearms
Plank with Resistance Band Row	3	30–40 sec	7.5	Core, shoulders, upper back

Week 4 – Final Push & Mastery Phase

Day 1 – Monday (Week 4)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Squat	4	10–12	8	Quads, glutes, hamstrings
Resistance Band Chest Press	3	10–12	8	Chest, triceps, anterior deltoids
Resistance Band Seated Row	3	10–12	8	Upper back, lats, biceps
Resistance Band Shoulder Press	3	10–12	8	Deltoids, triceps
Resistance Band Romanian Deadlift	3	12–14	8	Hamstrings, glutes
Resistance Band Biceps Curl	2–3	12–14	8	Biceps
Standing Resistance Band Crunch	3	15–20	8	Abdominals

Day 2 – Wednesday (Week 4)

Exercise	Sets	Reps	RPE	Muscles Worked
Resistance Band Reverse Lunge	4	10–12 / leg	8	Quads, glutes, hamstrings
Resistance Band Lat Pulldown (Door Anchor)	3	10–12	8	Lats, biceps, upper back
Resistance Band Chest Fly	3	10–12	8	Chest
Resistance Band Face Pull	3	14–16	8	Rear delts, upper back
Resistance Band Hip Thrust / Glute Bridge	3	12–14	8	Glutes, hamstrings
Resistance Band Triceps Pushdown	2–3	12–14	8	Triceps
Resistance Band Russian Twist	3	28–32 total	8	Obliques, core

Day 3 – Friday (Week 4)

Exercise	Sets	Reps / Time	RPE	Muscles Worked
Resistance Band Deadlift	4	10–12	8	Glutes, hamstrings, lower back
Resistance Band One-Arm Row	3	10–12 / arm	8	Lats, mid-back, biceps
Resistance Band Push-Up	3	10–12	8	Chest, triceps, shoulders
Resistance Band Lateral Raise	3	14–16	8	Lateral deltoids
Resistance Band Hamstring Curl (Lying)	3	12–14	8	Hamstrings
Resistance Band Hammer Curl	2–3	12–14	8	Biceps, forearms
Plank with Resistance Band Row	3	40–45 sec	8	Core, shoulders, upper back

Exercise Instructions

Exercise	Setup & Position	Execution (How to Perform)	Key Coaching Cues & Common Mistakes
Resistance Band Squat	Stand on the band with feet shoulder-width apart, holding handles at chest or shoulder height.	Sit hips back and down, then push through heels to return to standing.	Chest tall, knees track over toes. Avoid rounding lower back.
Resistance Band Chest Press	Band anchored behind body or looped across upper back.	Press arms forward until fully extended, return slowly.	Brace core. Do not flare elbows excessively.
Resistance Band Seated Row	Sit tall, legs extended, band looped around feet.	Pull elbows toward torso, squeeze shoulder blades.	No rounding. Lead with elbows.
Resistance Band Shoulder Press	Stand on band, handles at shoulder height.	Press overhead, then lower under control.	Avoid arching lower back. Core tight.
Resistance Band Romanian Deadlift	Stand on band, slight knee bend, handles in front of thighs.	Hinge at hips, push hips back, then extend.	Flat spine. Hips drive the movement.
Resistance Band Biceps Curl	Stand on band, arms extended, palms forward.	Curl handles upward, squeeze biceps.	No swinging. Elbows fixed.
Standing Resistance Band Crunch	Band anchored overhead, hands behind head.	Crunch torso downward using abs.	Do not pull with arms.
Resistance Band Reverse Lunge	Stand on band, handles at sides or shoulders.	Step back into lunge, return to start.	Front knee stable. Upright torso.
Resistance Band Lat Pulldown	Band anchored overhead, arms fully extended.	Pull elbows down toward ribs.	Avoid shrugging shoulders.
Resistance Band Chest Fly	Band anchored behind body, arms slightly bent.	Bring hands together in front of chest.	Control movement. No jerking.

<i>Resistance Band Face Pull</i>	Band anchored at face height.	Pull band toward face, separate hands.	Focus on rear delts.
<i>Resistance Band Hip Thrust / Glute Bridge</i>	Band across hips, anchored or held down.	Drive hips up until body is straight.	Squeeze glutes. No lower-back arch.
<i>Resistance Band Triceps Pushdown</i>	Band anchored overhead, elbows bent.	Extend elbows downward.	Elbows stay fixed.
<i>Resistance Band Russian Twist</i>	Band anchored to side, seated position.	Rotate torso away from anchor.	Movement from core, not arms.
<i>Resistance Band Deadlift</i>	Stand on band, handles at sides.	Hinge hips back, then stand tall.	Neutral spine. No squatting.
<i>Resistance Band One-Arm Row</i>	Band anchored in front, staggered stance.	Pull elbow toward hip.	Avoid torso rotation.
<i>Resistance Band Push-Up</i>	Band across upper back, hands on floor.	Lower chest, press up.	Body straight. No sagging hips.
<i>Resistance Band Lateral Raise</i>	Stand on band, arms at sides.	Raise arms to shoulder height.	Control tempo. No swinging.
<i>Resistance Band Hamstring Curl (Lying)</i>	Band anchored low, lying face down.	Curl heels toward glutes.	Hips stay down.
<i>Resistance Band Hammer Curl</i>	Stand on band, palms facing inward.	Curl upward maintaining neutral grip.	No shoulder movement.
<i>Plank with Resistance Band Row</i>	Plank position, band anchored in front.	Row band while holding plank.	Hips level. Core braced.



Plank with
Resistance Band
Row



Resistance Band
Biceps Curl



Resistance Band
Chest Fly



Resistance Band
Chest Press



Resistance Band
Face Pull



Resistance Band
Romanian
Deadlift



Resistance Band
Russian Twist



Resistance Band
Seated Row



Resistance Band
Shoulder Press



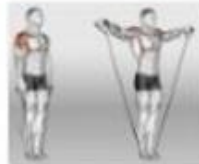
Resistance Band
Squat



Resistance Band
Hip Thrust Glute
Bridge



Resistance Band
Lat Pulldown



Resistance Band
Lateral Raise



Resistance Band
One-Arm Row



Resistance Band
Push-Up



Resistance Band
Hammer Curl



Resistance Band
Hamstring Curl
(Lying)



Resistance Band
Triceps
Pushdown



Standing
Resistance Band
Crunch



Resistance Band
Reverse Lunge

Beginner Training Alternatives Worth Exploring

Each of these beginner-friendly programs follows the same core principles: [full-body training](#), structured progression, and a strong emphasis on [proper technique](#).

- **Beginner Machine-Only Full Body Workout Program (Gym Edition)**
A great option for those training in a commercial gym who prefer guided movements. [Machine-based training](#) minimizes coordination demands and injury risk while helping beginners [build strength](#) and confidence in a gym environment.
- **Beginner Full Body Training Program for Maximum Muscle Gains (Gym-Based)**
Designed for beginners with full gym access, this [program combines free weights and machines](#) to introduce compound movements while still maintaining a beginner-friendly structure.
- **Dumbbell-Only Full Body Workout for Beginners (Home Edition)**
Ideal for [home trainees who own a pair of adjustable dumbbells](#) and a bench. This program offers more loading potential than bands while still remaining accessible and flexible.
- **Barbell-Only Full Body Workout for Beginners (Home Edition)**
A structured [approach for those who have a barbell](#), weight plates, and basic equipment at home. This program focuses on foundational lifts and long-term strength development.
- **Kettlebell-Only Full Body Workout for Beginners (Home Edition)**
A dynamic [alternative centered around kettlebell movements](#). Excellent for improving strength, coordination, and conditioning with minimal equipment.
- **4-Week Beginner Free-Weights Workout Program (Home or Gym)**
A [balanced introduction to both barbells and dumbbells](#), aimed at building muscle, flexibility, and overall strength through classic resistance training.
- **4-Week Bodyweight-Only Full Body Workout Program (Home Edition)**
A no-equipment solution that relies entirely on [bodyweight exercises](#). Perfect for beginners training at home, traveling, or working with very limited resources.

