

The Perfect Resistance Band Workout Plan

Not ready or not able to jump back into the gym?

Looking for something that you can do at home without breaking the bank on a new set of dumbbells, barbells, and weight plates?

Resistance bands are a universal fitness tool that can benefit everyone from the beginner to the seasoned athlete.

For example, resistance bands can provide a total body workout for beginners, but for an athlete, they can be used in combination with sports-specific drills.

They're also fantastic for providing a more rapid recovery.

Whether you want to build muscle, gain strength, or burn fat, resistance bands can help you achieve your fitness goals.

Let's take a look at why you should use resistance bands. I'll also provide you with a resistance band workout plan for beginners and advanced lifters.

Why Choose Resistance Bands vs. Weights?

Let's talk results and recovery.

Studies have demonstrated that resistance bands are just as effective as traditional free weights, but HOW bands help to produce results differs from that of weights.

Resistance bands are based on variable resistance.

This is when the amount of resistance that you're actively lifting changes WHILE you lift it.

Think about lifting a dumbbell during a biceps curl. If you start with a 20-pound dumbbell, that's what you're lifting the whole time.

The weight of the iron and steel won't change as you lift them, but that's exactly what a resistance band does.

A band will provide less resistance at your weakest range of motion, and it will provide more at your strongest range.

Let's say you're performing a traditional bench press. When do you weak like you're at your weakest?

When the bar is hovering just above your chest.

In fact, it's this position that determines how much weight you put on the barbell.

You base the amount of weight you lift on what your weakest range can handle, and if you try to lift more than this, you put yourself at risk for strain and injury.

Why does this matter?

It means you're missing out on your true strength and muscle building potential.

By using a resistance band, it means you're not limited by your weakest range of motion like you are with a dumbbell.

Resistance bands like the X3 Bar ensure your weakest range of motion is safely engaged with resistance it can handle.

But the bands do the same for your strongest range of motion, dramatically increasing the amount of resistance you're lifting and tapping into your body's true strength potential.

Since you're lifting more at your strongest range, you can expect some serious recovery time, right?

As Dr. Jaquish details in his book, it's completely possible to train tough without days of soreness afterward.

By keeping set numbers low and fatigue high, you can enter a muscular growth phase without serious muscle damage and soreness. The X3 Bar workout is based on this idea.

Let's exhaust the muscles to the point of growth while avoiding damage and soreness as much as possible.

Variable Resistance Training vs. Traditional Resistance Training

Before we jump into the resistance band workout plan, I want to review the proven benefits of variable resistance training and why you should start using it to achieve your fitness goals.

Muscle Activation

Changes in your physique won't happen if you're not engaging and activating the target muscle.

Resistance bands trigger a higher degree of muscle activation as they put the muscle in a state of constant tension.

This can help to promote caloric expenditure, strength gains, and hypertrophy. [\[1\]](#)

Muscle Tension Duration

Speaking of muscle tension, resistance bands are ideal for maximizing the time that your muscles are under tension.

Unlike a dumbbell that you can disengage and drop, a resistance band requires constant activation from the target muscle for the entire set.

This is called time under tension, and for many fitness goals, it's one of the key predictors of results.

By maximizing your time under tension, you're able to completely exhaust the muscle in all three ranges: strong, mid, and weak. [\[2\]](#)

Chase Your Gains Safely

Resistance bands allow you to pursue your fitness goals safely by minimizing the risk of injury while maximizing the results you see. [\[3\]](#)

Full-Body Resistance Band Workout

Ready to get in a tough but effective workout?

This resistance band workout plan focuses on a push-pull split.

This means that on one day, you'll perform only exercises where you are pushing such as with a chest press. On the other day, you'll perform only pulling movements like the row.

This workout is designed to target all of your major muscle groups, and while you might be familiar with most of these exercises, you're going to experience a new challenge as you perform them with bands.

Since resistance bands demand a constant state of tension and activation, you might feel these exercises are suddenly more intense than before.

Resistance Band Workout One: Push Day

Chest Press: The classic chest press is performed standing, primarily targeting your pectorals (chest), shoulders, and triceps. Standing with a tight core helps with posture.

Triceps Press: This is an isolation exercise that targets the triceps. For anyone who wants to build bigger arms, this exercise is a must since the triceps make up the bulk of the size of your arms.

Shoulder Press: Think of your shoulders like the frame of a picture. You always want to look good in frame. The shoulder press activates all three heads of the deltoid (front, lateral, and rear) as well as the traps and triceps.

Front Squat: Whether you want bigger or leaner legs, this quad-dominant exercise is going to help you transform them. This variation of the squat focuses on the quadriceps the most, but it also activates the glutes, hamstrings, hip flexors, and calves.

Split Squat: This one is another foundation of leg day. The split squat will challenge your balance as it targets the quads, hamstrings, glutes, calves, and hip flexor muscles. This is an exercise that should ALWAYS be in your leg workouts.

Pec Crossover: Finally, we wrap up this workout with another chest exercise. The pec crossover helps to add to pectoral thickness. Your triceps and shoulders will also feel this one.

Resistance Band Workout Two: Pull Day

Deadlift: This is another staple of fitness. No matter who you are, you want to include either a deadlift or some variation of it. A deadlift is going to primarily target your glutes, hamstrings, and lower back, but you'll also feel it in your quads, calves, hip flexors, middle back, and shoulders.

Bent-Over Row: The king of mid-to-upper back builders, the bent-over row is tough but rewarding. It hits your lats and middle back like you wouldn't believe. It'll also activate your biceps.

Bicep Curl: Speaking of the biceps, we have the classic curl, which you'll feel in both the bicep and forearm. This movement is guaranteed to feel a lot more intense than a traditional dumbbell curl because of the constant tension. You'll get a pump from this for sure.

Calf Raise: Finally, we end the second workout with a calf builder. The calf raise is going to help you target this supporting muscle. The calves are aesthetics important. If you want to look bigger, muscular calves help you avoid the label of having chicken legs. If you want leaner and sexier legs, toned calves are like the mantel you put a trophy on.

Resistance Band Workouts for Beginners

You'll perform one set of 15 to 40 repetitions for each exercise in the corresponding workout.

For beginners, your workout schedule looks like this:

- Monday: Workout One
- Tuesday: Workout Two
- Wednesday: Rest
- Thursday: Workout One

- Friday: Workout Two
- Saturday and Sunday: Rest

Advanced Resistance Band Workout Plan

The sets and reps won't change here. You'll still perform one set of 15 to 40 repetitions for each exercise in the corresponding workout, but the number of workouts will increase.

After a few months with the X3 Bar, your workouts will look like this:

- Monday: Workout One
- Tuesday: Workout Two
- Wednesday: Workout One
- Thursday: Workout Two
- Friday: Workout One
- Saturday: Workout Two
- Sunday: Rest

Perform this Resistance Band Workout with the X3 Bar

Resistance bands are great, especially for home workouts, but not all bands are created equal.

The X3 Bar is a revolutionary fitness system that utilizes an Olympic-based barbell, standing platform, and elite quality bands.

This isn't your run-of-the-mill Amazon drop-ship band set. This thing is made by a medical professional and bodybuilder. It's strong and effective enough for athletes, but everyone can use it.

Try this resistance band workout plan with the X3 Bar!

References

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3. Colado JC, Triplett NT. Effects of a short-term resistance program using elastic bands versus weight machines for sedentary middle-aged women. *J Strength Cond Res.* 2008 Sep;22(5):1441-8. doi: 10.1519/JSC.0b013e31817ae67a. PMID: 18714245.