

# BAND STRONG

## 4 Weeks to a Leaner, Stronger You – Resistance Band Workout Guide

Designed for all fitness levels | No gym needed | 20–30 min/day

### Weekly Workout Calendar

| Day       | Focus               | Workout Time | Notes                          |
|-----------|---------------------|--------------|--------------------------------|
| Monday    | Upper Body Strength | 25–30 mins   | Shoulders, arms, back          |
| Tuesday   | Core & Stability    | 20 mins      | Abs, obliques, posture work    |
| Wednesday | Lower Body Strength | 25–30 mins   | Glutes, quads, hamstrings      |
| Thursday  | Active Recovery     | 20 mins      | Full-body band stretching flow |
| Friday    | Full-Body Circuit   | 30 mins      | Combo of all strength days     |
| Saturday  | Optional HIIT       | 15–20 mins   | Cardio with band finishers     |
| Sunday    | Rest or Light Yoga  | 15–30 mins   | Choose recovery                |

### Daily Workout Structure

- Warm-up:** 3–5 minutes (e.g., arm circles, bodyweight squats, band pull-aparts)

**Main Workout:** 5–6 resistance band exercises (2–3 sets of 10–15 reps)

**Cool-down:** 3 minutes of stretching

### Exercise Library

#### Upper Body

- **Banded Rows:** Targets the back muscles
- **Overhead Press:** Strengthens the shoulders

- **Bicep Curls:** Focuses on the arms
- **Triceps Kickbacks:** Targets the triceps
- **Face Pulls:** Improves posture and shoulder health

## Core & Stability

- **Standing Oblique Crunch**
- **Seated Russian Twists (with band)**
- **Band Plank Pulls**
- **Deadbugs (banded)**

## Lower Body

- **Glute Bridges with Band**
- **Squat to Press**
- **Lateral Band Walks**
- **Step-Back Lunges (band assisted)**

## HIIT Finishers (Optional)

- **Banded High Knees:** Boosts cardiovascular fitness
- **Jump Squats with Band:** Enhances lower body power
- **Banded Mountain Climbers:** Improves core stability and endurance

## Stretch & Recovery (Thursdays)

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- **Hamstring Band Stretch**
- **Chest Opener (band behind back)**
- **Shoulder Rolls with Band**
- **Hip Flexor Stretch**
- **Deep Breathing (3–5 minutes)**

## Bonus: Simple Nutrition Tips

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### DO:

- Eat whole foods: lean protein, veggies, whole grains
- Stay hydrated (2–3L per day)

- Use post-workout snacks: protein + carbs

### **✗ AVOID:**

- High-sugar "fitness" snacks
- Skipping meals
- Excessive cardio without strength

## **Tips for Success**

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- Track your progress: note resistance level & reps
- Stretch after every session
- Stay consistent — aim for 4–5 days/week
- Don't worry if you miss a day — just jump back in!