



GetFitArchitect

PREMADE WORKOUT PROGRAM

Resistance Band Only Workout Program

3 days a week · Full body · General fitness

EQUIPMENT

Resistance bands

LEVEL

Beginner

SESSION LENGTH

60-75 minutes

Free tools. No account. Built around the equipment you own.

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The plan at a glance

3 days a week · Full body · General fitness · Beginner

DAY 1

Full body

41 min

Resistance Band Chest Press	3 × 12-15
Resistance Band Row	3 × 12-15
Resistance Band Squat	3 × 12-15
Banded Hip Thrust	3 × 12-15
Face Pull	3 × 12-15
Superman	3 × 12-15

DAY 2

Full body

40 min

Resistance Band Chest Press	3 × 12-15
Resistance Band Row	3 × 12-15
Resistance Band Squat	3 × 12-15
Banded Hip Thrust	3 × 12-15
Face Pull	3 × 12-15
Plank	3 × 30-45 sec

DAY 3

Full body

41 min

Resistance Band Chest Press	3 × 12-15
Resistance Band Row	3 × 12-15
Resistance Band Squat	3 × 12-15
Banded Hip Thrust	3 × 12-15
Face Pull	3 × 12-15
Russian Twist	3 × 12-15

EQUIPMENT

Resistance bands

SESSION LENGTH

60-75 min

EFFORT

Stop 1-3 reps short of failure

Build a version around your own equipment, free: getfitarchitect.com/workout-generator

How to use this program

This is a 3-day full body workout program built entirely around resistance bands, for anyone training at home with minimal space, traveling, or just starting out with the lowest-cost equipment option. Every exercise below only requires bands and bodyweight.

What you need

Resistance bands

Bands work through variable resistance rather than a fixed weight, so the sets and reps below are written the same way they would be for any other equipment; the resistance is felt most at the top of each movement rather than throughout.

Why this structure

With fewer days available, full body training works every major muscle group in each session, so your weekly sets for each muscle are spread across shorter, manageable workouts instead of piled into one day you might miss. When total weekly sets are the same, research finds the exact split makes a fairly small difference, so the practical advantage is consistency.

THE THREE RULES

1

Warm up first

Start every session with the warm-up block on that day's page, then do 2-3 ramp-up sets on your first exercise before you reach working weight.

2

Rest as listed

Shorter rests keep the pace up and the session efficient. Stick to the times listed.

3

Keep a few reps in reserve

Finish most working sets feeling like you could have done one to three more good reps. Sets close to failure build the most muscle, but stopping just short keeps your form and recovery intact.

Full body

41 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Resistance Band Chest Press	3	12-15	45-60 sec
Resistance Band Row	3	12-15	45-60 sec
Resistance Band Squat	3	12-15	45-60 sec
Banded Hip Thrust	3	12-15	45-60 sec
Face Pull	3	12-15	45-60 sec
Superman	3	12-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Full body

APPROX. TIME

40 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Resistance Band Chest Press	3	12-15	45-60 sec
Resistance Band Row	3	12-15	45-60 sec
Resistance Band Squat	3	12-15	45-60 sec
Banded Hip Thrust	3	12-15	45-60 sec
Face Pull	3	12-15	45-60 sec
Plank	3	30-45 sec	45-60 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Full body

41 min

WARM-UP

5 minutes of light cardio to raise your heart rate, then a couple minutes of dynamic movement for whatever you're training first. Finish with 2-3 ramp-up sets on your first exercise before your working weight.

EXERCISE	SETS	REPS	REST
Resistance Band Chest Press	3	12-15	45-60 sec
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Resistance Band Squat	3	12-15	45-60 sec
Banded Hip Thrust	3	12-15	45-60 sec
Face Pull	3	12-15	45-60 sec
Russian Twist	3	12-15	45-60 sec

COOL-DOWN

A few minutes of static stretching for whatever felt tightest during your session, holding each stretch for 20-30 seconds.

NOTES / WEIGHTS USED

Progressing week to week

Progress on a full body plan like this doesn't need to mean heavier weight every week. Completing the full session on your resistance bands with good form, adding a rep or two before adding weight, and staying consistent across every session matters more than chasing quick jumps in load. As a beginner, expect faster early progress than this pattern implies — many people can add weight or reps almost every session for the first couple of months before needing to slow down.

COMMON QUESTIONS

Can resistance bands actually build muscle, or only maintain it?

Bands can build muscle. What matters for growth is progressively challenging a muscle close to failure across a reasonable rep range, and bands provide that just like any other form of resistance. A fuller answer, including where bands do fall short compared to free weights, is covered in [Can You Build Muscle With Just Resistance Bands?](#)

How does someone progress with bands once a band starts feeling easy?

Move to a heavier resistance band, shorten the amount of slack in the band to increase tension at the start of the movement, or slow down the rep tempo to increase time under tension. All three work as real progression methods without needing new equipment.

Want a plan built around your exact equipment?

The free workout plan tool builds a full weekly program from whatever you own, your goal, your experience, and the time you have. No account needed.

getfitarchitect.com/workout-generator

General training information, not medical advice. If you have an injury or a health condition, check with a doctor or physical therapist before starting a new program.