Resistance Band Full Body Workout for Beginners

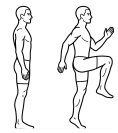
One long band with handles and a patch of floor: squat, hinge, push, pull and press for the whole body, a first strength workout at home.

TYPE	FOCUS	LEVEL	TIME	EQUIPMENT
Strength	Full body	Beginner	30 min	Resistance band

WARM UP

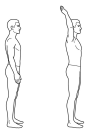
Once through, at an easy pace

Marching In Place



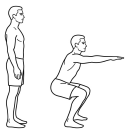
60 s

Arm Circles



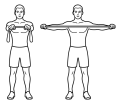
30 s

Bodyweight Squat



10 reps

Resistance Band Pull-Apart

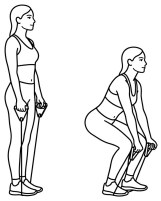


12 reps

MAIN

All sets of a move, then the next

1 Band Squat

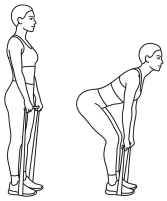


3 × 12

rest 60 s

Feet on the band hip width apart, handles at the shoulders or sides

2 Band Romanian Deadlift

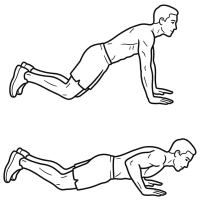


3 × 10

rest 60 s

Push the hips back, back flat, knees soft

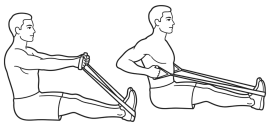
3 Knee Push-Up



3 × 6-10

rest 60 s

4 Band Row (Seated)

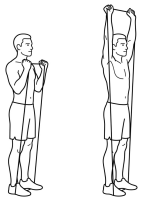


3 × 12

rest 60 s

Sit tall, squeeze the shoulder blades together

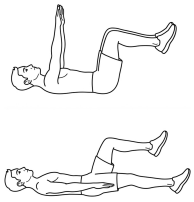
5 Band Overhead Press



2 × 10

rest 60 s

6 Dead Bug



2 × 6

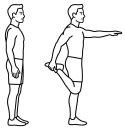
each side · rest 45 s

Lower back stays on the floor

COOL DOWN

Once through, at an easy pace

Standing Quad Stretch



30 s

each side

Standing Hamstring Stretch



30 s

each side

Child's Pose



60 s