5 RESISTANCE BAND WORKOUTS THAT YOU CAN DO FROM HOME

Resistance bands are a simple yet effective tool for building strength and improving muscle tone—no gym required. This quick upper body routine targets your arms, shoulders, chest, and back using just a resistance band. Great for all fitness levels, this routine can be done at home, on the go, or anywhere you have space to move.

Bicep curls

Stand on the middle of the band with feet shoulder-width apart. Hold the band with palms facing forward and elbows tucked in. Slowly curl your hands toward your shoulders, then lower with control.



Band Pull-Apart

Hold the band in front of you at shoulder height with arms extended. Pull the band apart by moving your arms out to the sides, squeezing your shoulder blades together. Return slowly to the starting position.



Seated row

Sit with legs extended and loop the band around your feet. Hold the ends of the band and sit tall. Pull the band toward your torso, keeping elbows close to your sides, then release slowly.



Front Raise

Stand on the band with feet shoulder-width apart. Hold the band with palms facing your thighs. Keeping arms straight, lift them in front of you to shoulder height, then lower slowly.



Standing Chest Press

Anchor the band behind your back (e.g., around your upper back or a secure object). Hold the band at chest level with elbows bent. Press the band forward until your arms are fully extended, then return to the start.



Visit Our Partner



Your support helps us keep creating free resources like this one.
Use code KAJSA for 20% off your order at Perfect Keto. 💪

HACKS4WELLNESS
OPTIMIZE YOUR HEALTH

@longevity_aspirant
hacks4wellness.com