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Resistance bands with handles exercises for beginners

In this post I want to share with you a resistance band with handles workout that includes 30 exercises you can do at home, outdoors or in the gym.A resistance band with handles is the perfect workout tool for doing strength exercises wherever you are because they're small enough to chuck in your bag and the number of exercises you can do with them is virtually unlimited.The strength exercises shown here are designed to workout your whole body but each one can be varied by changing the angle of movement or the position of your body.Before we get to the workout, let's see what kind of resistance band with handles I think is the best for doing strength exercises.Best Resistance Band with Handles for Strength WorkoutsThis workout band is available in 4 resistance levels and includes comfortable foam handles which are securely attached to the band with a stainless steel ring. The band is made of high grade 100% natural latex which can safely be stretched up to 2.5X it's length without fear of breakage.The band also includes a door anchor which can be wedged into a door frame at any height, enabling you to do strength exercises using an anchor point:Resistance Bands with Handles WorkoutThese exercises are arranged in the following order, according to which part of the body they focus on: Legs Back Chest Shoulders Arms CoreLEGS1. SquatsStep on the middle of the band with feet at shoulder width. Hold the handles at the sides of your shoulders. Squat down, paying attention to correct technique, then come back up to a standing position.2. Front SquatsSame as the previous exercise except with the slight difference that the handles are held in front of your upper chest. The front squat changes the emphasis slightly, activating your quadriceps muscles more and taking some strain out of your lower back.3. LungeStand with your front foot on the middle of the band and hold the handles next to your ears. Keeping your back straight, drop down into a lunge position and then drive yourself back up. The extra resistance makes this quite an advanced leg exercise.4. Lunge + Front RaiseFold the handles in front of your waist and hook the band around one foot. Step forward and drop into a lunge, at the same time bringing your hands forward and up in an arc over your head. At first this might feel quite awkward until you're used to the movement.5. Donkey KickOn hands and knees, hold the handles with the middle of the band hooked around one foot. Now kick your leg back and up, holding briefly in the final position and squeezing your glutes.6. Squat + Shoulder PressHold the band crossed over as shown and drop into a squat position. Then drive yourself up and at the same time push your hands up until they're fully extended overhead. Try to coordinate your arms and legs so this is done in one smooth movement.BACK7. Standing RowWith the band secured at shoulder height, face the door holding the handles at arms-length with tension in the band. Now stretch the band back towards you, bringing your elbows close in to your sides and squeezing your shoulder blades together.8. Bent Over RowStand in the middle of the band and hold the handles with the band crossed over as shown. Make sure you keep your legs bent and lower back slightly arched. Look forward. Pull the band up and squeeze your shoulder blades together. If the band is too loose, stand with feet further apart.9. Reverse FlyStanding on the middle of the band, stretch the band up and to the sides, keeping your arms straight. Keep your body in the same posture as the previous exercise.10. Face PullSecure the band around waist height and perform the standing row exercise. But this time lift your elbows high up and pull the handles towards your face.11. Kneeling RowKneel facing the door with the anchor secured high up. Hold the handles at arms-length with tension in the band. Now stretch the band down towards you, bringing your elbows right back. You should feel the exercise in your lats as well as your upper back.CHEST 12. Chest PressStand facing away from the door with the anchor secured at mid-height. Get into a solid stance with one foot forward, holding the handles at shoulder level with some tension in the band. Push both handles forward until your arms are fully extended.13. Incline Chest PressYou can either step on the middle of the band, as shown, or use the door anchor to secure the band low down behind you. Then do the same movement as in the chest press, except this time pushing your hands forward and up. This will make greater use of your upper pectoral muscles.14. Chest FlyWith the band secured around chest height, stand facing away from the door and hold the handles with your arms played outward. Now stretch the band by bringing your hands together at your centreline without bending your arms.15. Push UpFolding onto the handles, sling the band around your back and get into a push up position. At first the band may slip out of place until you get used to it. Now do push ups as normal but with the extra resistance provided by the band. If the resistance is too low, you can hold it further down, or tie a knot in the tube to shorten it.16. Assisted DipHold onto the handles and the dip bar together and then put your knees over the band. Now you can perform dips which are easier than normal. If you're already good at dips, you can sling the band over your shoulders which will make the movement harder.SHOULDERS17. Front RaiseStep on the resistance band, holding the handles in front of your waist, then do the exercise by lifting your hands forward and up until they are at head height.18. Shoulder PressStand in the middle of the band with feet shoulder width apart. Bring the handles up to ear-level, palms facing up. Push the handles up until your arms are fully extended. Keep your posture upright.19. Lateral RaiseStand in the middle of the band, feet close together, hands at your sides. Keeping your arms straight, lift your hands as high as possible and hold for a second, feeling the burn in the sides of your shoulders.20. ShrugStand on the band with feet shoulder-width apart. Holding the handles and keeping your arms straight, shrug your shoulders up towards your ears as high as possible and hold briefly.21. Upright RowWith feet together, stand on the band and hold the handles in front of you. Now lift your hands up to your chin, keeping your elbows high. You should feel it in the tops of your shoulders and trapezius muscles.ARMS22. Bicep CurlsStand on the band and hold the handles at your waist. Now curl your arms up to stretch the band, feeling the exercise focused in your biceps.23. Tricep ExtensionStand facing the door with the anchor high up. Brace your elbows close to your sides and hold the handles in front of you. Pull the band downwards using your triceps and without moving your elbows.24. Overhead Tricep ExtensionHook the band around one foot and hold both handles in one hand behind your neck, elbow pointing up. Without moving your elbow, pull the handles up until your arm is fully extended overhead.CORE25. Kneeling CrunchWith the door anchor secured high up, kneel facing away from the door and holding the handles at your neck. Crunch your body forward and down, stretching the band and squeezing your abdominal muscles.26. Ab RotationSecure the band at shoulder height and, standing side-on to the door, hold the handles with your arms straight in front of you. Make sure there's a little tension in the band. Now stretch the band by rotating your waist, focussing on your oblique muscles.27. Low-High WoodchopSecure the anchor down low and stand side-on to the door, holding the handles at waist height. Using your oblique muscles, rotate your body and stretch the band up and to the other side in a rising chopping motion.28. High-Low WoodchopSecure the band high up on the door frame and hold both handles, standing side on to the door. Using your oblique abdominal muscles, pull the bands down and away from the door in a downward chopping motion.29. Extended DeadliftAnchor the band low down and hold the handles at waist height with the band taut. Keeping your back straight, bend at the waist and legs, paying attention to correct deadlift form. You should feel the exercise strongly in your lower back.30. Kneeling SupermanKneel on hands and knees with the band hooked over one foot. Now lift that foot as high as you can with the leg straight. At the same time, lift up the opposite arm and hold for a few seconds in the final position.We hope you enjoyed this resistance band with handles workout. Click here to see our full range of resistance bands.Follow our Instagram and YouTube channels for exercise videos like this glute workout: Medically reviewed by Jake Tipane, CPT — Written by Sara Lindberg on September 8, 2021Whether you're a fitness newbie or a seasoned workout buff, incorporating resistance bands into your routine can help improve your strength and stave off boredom. With resistance bands, you can get an effective full-body workout without leaving the house or breaking the bank. Resistance bands range in size, strength, and length. They come in various forms, but the most common are flat bands, mini bands (or loops), and tubing. The stretchiness of a band determines how much resistance it offers. In general, bands in darker colors like black and blue are tighter, providing more resistance. Yellow and green, on the other hand, are stretchy, so they're a better fit for beginners. Bands are available as closed loops, with handles, or as flat therapy bands that do not loop.We asked five top trainers to share their favorite resistance band exercises for the arms, legs, glutes, core, and back. You can do each workout individually for a mini workout or combine them for an excellent at-home full-body routine. Share on PinterestDavid Prado/Stocksy UnitedIf you're looking to add variety to your workouts, increase your strength, and promote functional fitness, then resistance band training is a great place to start. Resistance bands are safe for people at most ages and fitness levels. In fact, one study found that elastic-band resistance exercises can improve balance, gait function, and flexibility in older adults (1). Plus, using this fitness tool for resistance can promote similar strength gains compared to conventional resistance training, according to a research review (2).That said, if you're on the fence about adding resistance bands to your fitness routine, consider these additional benefits (1, 3):Resistance bands come in a variety of strengths, lengths, and sizes.They're foldable, portable, and easy to store.They are one of the most affordable pieces of exercise equipment.Resistance bands allow you to do gym-type exercises at home.You'll get resistance in both directions of your movement, in both the concentric and eccentric phase of the exercise (in other words, when both contracting and lengthening the muscle).The resistance is variable and can accommodate different ranges of motion. You can move in different planes and pull in all different directions with a resistance band.Resistance bands increase the time your muscles are under tension. Bands come in a variety of styles, including mini bands, loop bands, tube bands with handles, flat therapy bands, and figure 8 bands.Want to give resistance band training a go but aren't sure where to start? Check out these five mini-workouts designed by top certified personal trainers. Ridge Davis, a National Council on Strength and Fitness certified personal trainer from West Hollywood, California, is highly sought after by high profile clients and Hollywood's top executives.With more than a decade of fitness experience and 20,000 clocked personal training hours, this PUMA-endorsed athlete is a pro at designing exercise routines for all fitness levels. His training approach delivers sustainable transformation by educating clients on fitness, nutrition, and wellness. Plus, he has hosted virtual workouts with Vital Proteins, Puma, Amazon, and Hollywood Life and has collaborated with FabFletics and CLO. Superman pull Type of band: mini bandUsing a mini band when performing the Superman pull adds resistance and increases the tension on your lower back muscles, glutes, and core. Place the mini band around your wrists. Lie facedown with your arms straight in front of you and legs straight behind you.Maintaining a neutral neck and keeping your gaze on the floor, reach your arms and legs off the floor. Pause for a moment before pulling your elbows to your sides, making a W shape with your arms.Return to reaching your arms in front of you to complete 1 rep.Do 2 sets of 10-15 reps. Bent-over single-arm rowType of band: mini bandThe bent-over single-arm row targets your lats, rear shoulder muscles, and biceps. This unilateral exercise is a great addition to a back workout or full-body routine. Place the band around your foot and hold the opposite end of the band in your hand on the same side. Hinge at your hip and keep your lower back straight. Your palm should face your torso.Engage your core and pull the band straight up to the side of your chest. Make sure to keep your upper arm close to your side. Contract your back muscles (lats) at the top of the movement. Slowly lower to the starting position and repeat. Do 2-3 sets of 10-15 reps on each side. Single-arm lat pulldown Type of band: mini bandThe lat pulldown is a popular back exercise that's easy to do at home using a resistance band. To increase the focus on your lats, try performing the move one side at a time. Grab the band in both palms. Reach forward and 45 degrees upward. This will be your starting position.Pull the band down on one side, squeezing your elbow to your side as you flex the elbow.Pause at the bottom of the movement, and then slowly return the handle to the starting position and repeat. Do 2-3 sets of 10-15 reps on each side. Reach and pullType of band: mini bandIncluding exercises like the reach and pull that target the smaller muscles in your upper back and rear shoulders can improve your posture and help with stabilization when performing compound movements like deadlifts.Place the mini band around your wrists. Stand with your feet hip-width apart with knees and hips slightly bent. Reach your arms forward, keeping arms shoulder-width apart and pressing outward into the band.Keeping your wrists shoulder-width apart, pull your elbows back toward your ribs. Pull your shoulders behind your ears and squeeze your shoulder blades together. Reach forward, and then repeat from the top. Do 2-3 sets of 10-15 reps.Nehemiah Owusu is a National Academy of Sports Medicine (NASM) certified personal trainer at Life Time in Plymouth, Minnesota.In addition to a personal training certificate, Owusu holds a corrective exercise specialist (CES) certification and a performance enhancement specialist (PES) certification. Banded squat Type of band: superbandUsing a resistance band for the squat is a great alternative to dumbbells or a barbell for targeting the quadriceps and glutes. Wrap a long loop resistance band around your feet and over your shoulders to add resistance to the movement.Stand with feet flat, hip-to-shoulder-width apart, and either pointed straight ahead or angled outward an inch or two. Bend at your hips and knees to lower your body with control until the crease of your hip is in line with the top of your knee.Try to maintain a neutral spine (flat back) and an engaged core the entire time. Keep your hips, knees, and feet aligned as well.After reaching proper depth, push the floor away with your feet, reversing the movement until you're back to the starting position.Do 2-3 sets of 10-15 reps. Bulgarian split squatType of band: superbandThe Bulgarian split squat not only targets your quadriceps and glutes but also challenges and improves hip and core stability in a unilateral way.Loop one end of a resistance band around your lead foot. Loop the other end of the resistance band over your shoulders and behind/below your neck.Place your non-looped foot behind you on an elevated platform, such as a box, bench, or chair.Bend at your lead hip and knee, lowering your body with control until front thigh is parallel with the floor.Press through your lead foot to return to the starting position.Try to maintain a neutral spine (flat back) and strong core the entire time. Keep your hip, knee, and foot aligned as well. Most of your weight should be on your front leg. Do 2-3 sets of 10-15 reps.Hip thrustType of band: superbandThe hip thrust targets the powerful glute muscles, which Owusu says are fundamental for movement and performance. The hamstrings and core are also used during the banded hip thrust.Loop one end of a resistance band underneath each foot. Take the middle section of the folded band and draw it up over your hips (it should also wrap around your legs).Place your upper back on an elevated platform such as a bench, box, or chair, with your hips extended (forming a straight line from shoulders to knees), feet flat, and knees bent at 90 degrees.Maintaining a neutral spine (flat back) and engaged core, lower your butt toward the floor by bending at your hips.Once you've lowered to just above the floor, drive your feet into the floor and hips toward the ceiling until you've returned to the starting position.Make sure to squeeze your glutes and abs at the top. Do 2-3 sets of 10-15 repetitions. Romanian deadliftType of band: superbandThis lower body exercise will strengthen your glutes, your hamstrings, and the postural muscles of your entire spine and back.Hold one end of a looped resistance band in each hand. For extra challenge, you can wrap the ends of the band around the backs of your wrists and through the index finger and thumb of the fronts of your hands. Stand on the middle of the band, where it's folded.Start standing with a tall upright posture with arms at your sides.Hinge (bend) at your hips while keeping a neutral spine and an engaged core. Keep your knees soft, but don't bend any more than just enough to unlock your legs.Hinge until you've gone as low as you can while keeping a flat back (45-100 degrees for most people).Reverse the movement until you've returned to the starting position.Do 2-3 sets of 10-15 reps.Dean Seda, a NASM certified personal trainer, certified Zumba instructor, and Gympass advisor based in Jersey City, New Jersey, has more than 10 years of experience along with a master's degree in sports management and a bachelor's degree in exercise science.Seda is known for designing routines that incorporate the physical, emotional, and psychological components of fitness. Plus, his love for dance makes him an excellent Zumba instructor. Single-arm triceps pushdown Type of band: mini bandThe triceps muscle is located on the back of your upper arm. By using a resistance band to do the single-arm triceps pushdown, you place tension on this muscle throughout the movement. Place your right arm through a loop band and place the band on your right shoulder. Start with your feet hip-width apart with knees and hips slightly bent. Reach your arms forward, keeping arms shoulder-width apart and pressing outward into the band.Keeping your wrists shoulder-width apart, pull your elbows back toward your ribs. Pull your shoulders behind your ears and squeeze your shoulder blades together.Reaching proper depth, push the floor away with your feet, reversing the movement until you're back to the starting position.Do 2-3 sets of 10-15 reps on each side. Overhead pressType of band: exercise tubingResistance bands with handles allow you to perform exercises like the overhead press, which targets your shoulders and triceps. Step on a resistance band with both feet, holding one handle in each hand.Start with the handles at your shoulders. Press both handles over your head until your arms are straight, and then slowly lowerthem back to the starting position. If needed, you can reduce the amount of resistance by stepping on the band with one foot instead of both feet. Do 2-3 sets of 10-15 reps.Kneeling single-arm bicep curlType of band: mini bandPerforming a bicep curl in a kneeling position places a greater emphasis on the biceps muscle and recruits the core muscles for stability. Start with your left knee down and right knee up. Place a loop band around your right foot. Grab the band with your right hand and bring your right arm to the right side, keeping arm straight. Flex your elbow and bring the band toward your right shoulder, keeping your arm stationary by your side. Return your arm to a straight position and repeat. Do 2-3 sets of 10-15 reps on each side.Standing biceps curl Type of band: mini bandThe standing curl places tension on the biceps muscle, which is located on the front of your arm. Step on a resistance band with both feet. Start with the handles at your sides and your arms straight. Keeping your elbows tight to your body, flex your elbows and bring the handlestoward your shoulders. Pause at the top of the movement, then lower to the starting position. If needed, you can reduce the amount of resistance by stepping on the band with one foot instead of both feet.Do 2-3 sets of 10-15 reps.Michele Canon, a NASM-CPT and XPRO instructor for STRIDE GO, has been a certified personal trainer for 15 years in Pasadena, California.In addition to personal training, Cannon offers nutrition coaching and has extensive experience in competitive athletics, including tennis, marathons, triathlons, and Spartan races. Side crunchType of band: mini bandSide crunches work your abs and, more specifically, the internal and external obliques located on the sides of your torso.Place the band around the tops of your feet. Lie on your right side with your right arm extended in front of your chest and your left hand lightly resting behind your left ear. Using your right arm as a lever, prop yourself up onto your elbow while you drive your left knee in toward your right elbow. Return to the starting position and repeat. To make this move more difficult, you can hover both legs off the floor.Do 10-15 reps per side. Bicycle crunchType of band: mini bandFor an overall abdominal workout, try the bicycle crunch. This old-school exercise activates the rectus abdominis and obliques. Place the band around the tops of your feet. Lie on your back and bring both legs to a 90-degree position with knees bent. Make sure your knees are stacked on top of your hips. Place your hands gently behind your head and lift your shoulders and upper back off the floor. Be sure not to pull on your neck. Rotate your torso so your right elbow meets your left knee, fully extending your right leg. Return to center and repeat on the opposite side.Do 20-30 reps.Knee tuckType of band: mini bandThis exercise is great for working your lower abs.Place the band around the tops of your feet. From a high plank position, drive one knee in toward your chest. As you do so, draw your navel to your spine and tuck your tailbone under. Repeat with the other leg. Do 20 reps. Plank side tap and lift Type of band: mini bandThe plank side tap and lift is great for core stability. It also works your glutes. Place the band around your ankles. From a plank position on your elbows, slowly tap one foot out to the side, return to center, and then lift that same leg up, leading with your heel. Be sure you keep your toes flexed and contract your glutes on each leg lift. Do 10-15 reps per side. Holly Roser, owner of Holly Roser Fitness in San Francisco, California, has 15 years of experience and 10 certifications, including NASM certified personal trainer and ACE certified personal trainer. NASM corrective exercise specialist, and pre-/post-natal certification.Holy's unique training style has been featured in several national media outlets, including CNN, "The Dr. Oz Show," The Washington Post, Shape, and Men's Fitness. Glute kickbackType of band: flat bandThe glute kickback exercise helps strengthen the glute, hamstring, and core muscles. Start on your hands and knees, with hands under shoulders and feet hip-width apart. Wrap the resistance band around the arches of your feet. Keep your hands directly under your shoulders and back flat. Extend your right leg as far as possible behind you. Pause for a few seconds, then return to the starting position and repeat. Do 3 sets of 15 reps on each side. Standing leg abductionType of band: flat bandThe standing leg abduction targets the glutes and muscles of the hip. It also requires balance and core strength to perform correctly. Stand on the resistance band with your feet hip-width apart.Lift your right leg out to the side with your foot pointed forward. Make sure to engage your glutes as you lift your leg up and slowly bring your foot back to starting position.Keep the band wrapped around the middle of your foot and keep your hands in front of your abdominal area as you lift and lower your foot. Repeat. Do 3 sets of 15 reps on each side. Side squatType of band: flat bandThis move will strengthen your glutes and quads while helping to prevent injury by strengthening the muscles responsible for stabilizing your knees. Stand on the resistance band with your feet hip-width apart.Hold one end of the band in each hand.Squat and take a hip-width step to the side 10 times while remaining in the squat position and keeping the band tight in front of your abdominal area. Ensure your knees aren't going over your toes. Do 10 side squats to each side. Repeat 2 times on each side.Banded glute bridgeType of band: mini bandGlute bridges engage your glutes as well as your core muscles and hamstrings. Lie on your back with your knees bent, your feet hip-width apart, and the resistance band around the lower part of your quads, a few inches above your knees. Lift your hips off the floor and push your knees out slightly. Pause at the top of this move for 3 seconds, and then lower back to the starting position. Remember to engage your core, exhaling on the way up. Do 2 sets of 25 reps.Bird dogType of band: mini bandThe bird dog is an excellent move to add to any workout. When done correctly, it strengthens the lower back, glutes, core, and thighs. Start on your hands and knees with hands under shoulders, knees hip-width apart, and the resistance band around your quads. Reach your right arm forward and up as high as it can go as you simultaneously lift your left leg up behind you. You should feel the resistance in your glutes, and your core muscles should engage for stability.Keep your back flat and core engaged.Do 2 sets of 10 reps on each side. Adding resistance bands to your overall fitness routine is a simple, safe, and affordable way to challenge your muscles, gain strength, and beat boredom.Resistance bands allow you to create constant tension in the muscle when performing a move, which is different from traditional resistance training using dumbbells or barbells. Plus, it's easy to get started with this type of training. You can perform one or more of the routines listed above, or choose a few exercises from each to create a full-body workout.The versatility of these resistance band workouts will surely keep you moving, even when you can't get to a gym. Last medically reviewed on September 8, 2021

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