

SKHAAN Resistance Band Challenge

30-Day Home Workout Plan – No Gym, No Excuses

Your Portable Gym. Your Personal Coach.

- **Welcome**
- **Safety Tips**
- **Band Color Guide**
- **Weekly Workout Calendar**
- **Day 1: Upper Body**
- **Day 2: Core + Stability**
- ...
- **Day 7: Recovery & Yoga**
- **30-Day Progress Tracker**

Welcome to SKHAAN's 30-Day Challenge

Welcome to the SKHAAN Resistance Band Challenge - a structured 30-day home workout plan designed to

help you get stronger, fitter, and healthier using just a set of resistance bands. Whether you're a beginner or

getting back into fitness, this guide is made for you.

How to Use This Guide

Follow the schedule provided. Do each day's workout. Rest when scheduled. Track your progress using the

final page.

Getting Started & Safety Tips

Make sure to check your resistance bands for any wear or damage before each session.

Always warm up before starting your workout. Perform each move with control.

Anchor bands securely using a door anchor or similar stable object.

Stop immediately if you feel pain or dizziness. Check bands for wear before use. Anchor securely. Stop if pain occurs. Warm up and cool down for 5 minutes.

Resistance Band Color & Strength Chart

Yellow - 10 lbs.: Warm-up, rehab



Red - 20 lbs.: Upper body strength



Green - 30 lbs.: Core & stability



Blue - 40 lbs.: Full body workouts



Black - 50 lbs.: Strength and power moves



30-Day Workout Rotation (Weekly Repeatable)

Weekly Rotation Plan

SKHAAN resistance Band Challenge – Weekly Calendar (Week 1)

Day 1	Upper Body - Arms, Shoulders & Back	
Day 2	Core + Stability - Abs, Obliques, Control	
Day 3	Lower Body - Quads, Hamstrings & Glutes	
Day 4	Rest or Stretch - Recovery & Mobility	
Day 5	Full Body HIIT - High Intensity Circuit	
Day 6	Glutes & Legs - Sculpt & Strengthen	
Day 7	Rest or Light Yoga - Recovery Reset	



DAY 1: Upper Body

Let's kick off the challenge by building a strong and toned upper body. This workout targets your biceps, triceps, shoulders, and upper back using just resistance bands.

- Complete all 5 exercises
- Do 3 sets of 12–15 reps each
- Rest 30–45 seconds between sets

- Total workout time: ~25–30 minutes
-

1. Bicep Curls (Arms)



- **Setup:** Stand on the center of the band, one handle in each hand, palms facing forward.
- **Movement:** Curl the handles up toward your shoulders while keeping elbows close to your sides.
- **Band Level:** Red or Green



2. Overhead Shoulder Press (Shoulders)



- **Setup:** Stand on the band, hold handles at shoulder height, palms facing forward.
- **Movement:** Press both arms straight overhead, then lower slowly.

- **Band Level: Green or Blue**



3. Bent Over Rows (Upper Back)




4.

- **Setup:** Stand on the band, bend at hips, back flat, arms extended downward holding the handles.
- **Movement:** Pull handles toward your lower ribs, squeezing shoulder blades together.
- **Band Level: Green**



5. Triceps Kickbacks (Arms)



- **Setup:** Anchor the band under one foot, bend slightly forward with elbows bent at 90 degrees.
- **Movement:** Extend arms straight behind you, squeeze triceps, and return slowly.
- **Band Level:** Yellow or Red 

6. Upright Rows (Shoulders & Traps)



- **Setup:** Stand on the band with feet hip-width apart, hold handles in front of thighs.
- **Movement:** Pull handles straight up to chest level, keeping elbows above wrists.
- **Band Level:** Red or Green 

Cool Down (2–3 minutes)

- Arm circles (20 seconds each direction)
- Shoulder stretch (30 sec per arm)
- Neck rolls and deep breathing

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- **Tip of the Day:**

“Consistency builds strength — one rep at a time.”



DAY 2: Core + Stability

Your core is your body’s powerhouse — it supports balance, posture, and strength in all movements. This session focuses on your abs, obliques, and lower back, while improving stability and coordination.

- Perform all 5 exercises
 - 3 sets of 10–15 reps (or 30 sec per side where noted)

 - Rest 30–45 seconds between exercises
 - Total workout time: ~20–25 minutes
-

1. Standing Oblique Crunch (Obliques & Stability)



- **Setup:** Loop band under both feet, hold handles by ears like a prisoner squat.
- **Movement:** Crunch to one side, bringing elbow toward the same-side knee. Alternate sides.
- **Band Level:** Yellow or Red



2. Seated Russian Twists (Abs & Rotation)




- **Setup:** Sit on the floor with knees bent, band held tight between both hands.
- **Movement:** Twist torso side-to-side, engaging your obliques. Keep feet on or off the floor.
- **Reps:** 30 seconds
- **Band Level:** Red




3. Resistance Band Bicycle Crunch (Full Core)



- **Setup:** Lie on your back, loop band around both feet. Hands behind head.
- **Movement:** Alternate bringing opposite elbow and knee together in a cycling motion.
- **Reps:** 30 seconds
- **Band Level:** Light loop band 


4. Plank Band Taps (Core Stability)



- **Setup:** Get into plank position, band looped around wrists.
 - **Movement:** Tap one hand out to the side, return, and switch. Keep core tight and hips level.
 - **Reps:** 10 taps per side
 - **Band Level:** Light loop band 
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5. Dead Bug with Resistance Band (Core Control)



- **Setup:** Lie on your back, band looped over feet, arms up.
 - **Movement:** Extend one leg and opposite arm while keeping lower back on the floor. Alternate sides.
 - **Reps:** 10–12 per side
 - **Band Level:** Yellow 
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- **Cool Down (2–3 minutes)**
- **Child's Pose – 1 minute**

- Seated Spinal Twist – 30 seconds each side
 - Deep breathing and abdominal relaxation
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- Tip of the Day:

“A strong core isn’t just about abs — it’s about balance, control, and power.”

DAY 3: Lower Body

Strong legs build a solid foundation. Today’s focus is on building power, endurance, and stability in your **quads, hamstrings, calves, and glutes** — all using resistance bands.

- Complete all 5 exercises
 - 3 sets of 12–15 reps each
 - Rest 30–45 seconds between sets
 - Total workout time: ~25–30 minutes
-

1. Resistance Band Squats (Quads & Glutes)



- **Setup:** Stand on the band, hold handles at shoulder height.
- **Movement:** Lower into a deep squat, keeping your chest up and knees over your toes. Push through your heels to stand.

- **Band Level:** Green or Blue



2. Lateral Band Walks (Outer Thighs & Glutes)




- **Setup:** Place a loop band above your knees. Get into a half-squat position.
- **Movement:** Step sideways one foot at a time. Keep tension on the band throughout.
- **Reps:** 10 steps each direction
- **Band Level:** Medium loop band



3. Resistance Band Reverse Lunges (Quads & Hamstrings)



- **Setup:** Stand on the band with one foot, hold handles at shoulder height.
- **Movement:** Step the other foot back into a lunge. Push through the front heel to return. Alternate legs.
- **Reps:** 10 reps per leg
- **Band Level:** Green 

4. Standing Calf Raises (Calves)



- **Setup:** Stand on the band with both feet, hold handles at your sides.

- **Movement:** Raise your heels off the ground, squeezing your calves. Lower slowly.
- **Reps:** 15–20 reps
- **Band Level:** Yellow or Red



5. Glute Bridge with Band (Glutes & Hamstrings)



- **Setup:** Lie on your back, knees bent, loop band above knees.
- **Movement:** Lift hips until your body forms a straight line from knees to shoulders. Squeeze glutes at the top, then lower slowly.
- **Reps:** 15–20
- **Band Level:** Light loop band



- **Cool Down (2–3 minutes)**
- Forward fold (30 seconds)

- Standing quad stretch (30 sec per leg)
 - Hamstring stretch seated or standing (30 sec per leg)
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- **Tip of the Day:**

“The legs are your engines — train them strong and they’ll carry you further.”

DAY 4: Rest & Stretch

Rest doesn't mean doing nothing — it's about **recovery and mobility**. Here's what users should do on Day 4:

REST & STRETCH

Rest Day Instructions:

- No resistance training today
- Focus on hydration, nutrition, and light activity (like walking or yoga)

- Optional: foam rolling or a warm bath to aid muscle recovery
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*** Stretch Routine (10–15 min)**



1. Standing Forward Fold

- Hinge at the hips and reach for your toes.

- Hold for 30 seconds.

2. Chest Opener with Band

- Hold band behind back and gently pull arms outward.
- Opens chest and shoulders. Hold 30 seconds.

3. Seated Hamstring Stretch

- Sit with legs extended, loop band around one foot, pull gently.
- Hold 30 seconds per leg.

4. Hip Flexor Lunge Stretch

- One leg forward, other extended back, lean into the stretch.
- Hold 30 seconds per side.

5. Cat-Cow Stretch (Spine Mobility)

- On all fours, alternate arching and rounding your back.
- Repeat for 1 minute.

6. Child's Pose

- Sit back on your heels, stretch arms forward on the floor.
- Hold for 1–2 minutes, deep breathing.

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- **Tip for the Day:**

“Progress doesn’t only happen when you train hard — it also happens when you rest smart.”

DAY 5: Full Body HIIT

This is your **metabolic boost day**. HIIT (High Intensity Interval Training) helps you burn fat, build strength, and improve endurance — all in one session.

- Do each move for 30 seconds
- Rest 30 seconds between exercises

- Complete the full circuit **3 times**
 - Total workout time: ~20–25 minutes
-

HIIT Circuit (Repeat 3 Rounds)

1. Jump Squats with Resistance Band (Glutes & Legs)

- Loop band above knees
- Squat down, explode up into a jump
- Land softly and repeat

2. Push-Ups with Resistance Band (Chest & Arms)

- Wrap band across your back, under palms
- Perform push-ups with added resistance

3. Standing Rows (Back & Biceps)

- Stand on the band, pull handles toward chest
- Squeeze shoulder blades at the top

4. Plank Band Taps (Core & Stability)

- Get into plank position

- Loop band around wrists
- Tap each hand out sideways while maintaining form

5. Overhead Band Press (Shoulders)

- Stand on band, press handles overhead
- Control the return each time

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- **Cool Down (5 minutes)**
 - Forward fold stretch
 - Shoulder rolls
 - Deep breathing (box breathing: inhale 4s, hold 4s, exhale 4s)

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- **Tip of the Day:**

"It doesn't get easier — you get stronger. Trust your progress."



DAY 6: Glutes & Legs

Today is all about building strong, toned glutes and powerful legs. This workout isolates and activates the **glute muscles**, while strengthening **hamstrings, hips, and thighs** — a key to stability and athletic performance.

- Complete all 5 exercises
 - 3 sets of 12–15 reps each
 - Rest 30–45 seconds between sets
 - Total workout time: ~25–30 minutes
-

1. Glute Kickbacks (Glutes & Hamstrings)



- **Setup:** Anchor the band low, loop it around one foot. Get on all fours.
- **Movement:** Kick the leg back and up, squeezing the glutes. Return slowly.
- **Reps:** 12–15 per leg
- **Band Level:** Red or Green



2. Standing Hip Abduction (Outer Glutes & Hips)



- **Setup:** Stand tall, loop band around ankles or above knees.
- **Movement:** Lift one leg sideways without tilting your torso. Pause, return.
- **Reps:** 12–15 per leg
- **Band Level:** Light to Medium loop band



3. Glute Bridge with Resistance Band (Glutes & Core)



- **Setup:** Lie on back, knees bent, band above knees, feet flat on floor.
- **Movement:** Push hips upward, squeeze glutes, then lower down slowly.
- **Reps:** 15–20 reps

- **Band Level:** Light loop band



4. Sumo Squats with Band (Inner Thighs & Glutes)




- **Setup:** Stand on the band with a wide stance, toes turned out, hold handles at waist.
- **Movement:** Lower into a deep squat, keeping back straight. Push through heels to rise.
- **Reps:** 12–15 reps
- **Band Level:** Green or Blue



5. Fire Hydrants (Glute Medius & Hip Stability)



- **Setup:** On all fours, loop band above knees.
 - **Movement:** Lift one knee out to the side like a dog at a fire hydrant. Keep core engaged.
 - **Reps:** 12–15 per side
 - **Band Level:** Light loop band 
-

Cool Down (2–3 minutes)

- Figure-four stretch (30 sec per leg)
 - Kneeling hip flexor stretches (30 sec per side)
 - Deep glute stretches on back (hug one knee across chest)
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- **Tip of the Day:**

“Strong glutes are the key to good posture, injury prevention, and explosive power. Don’t skip this day.”



DAY 7: Rest or Light Yoga

Congratulations — you’ve completed one full week of consistent training! Day 7 is designed to **restore your muscles, calm your nervous system, and increase flexibility**. Choose complete rest or follow the gentle yoga flow below.

- Option 1: Full Rest Day — Hydrate, sleep well, and reflect on your progress
 - Option 2: 15–20 minutes of light yoga/stretching
 - Avoid any intense resistance work today
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*** Gentle Yoga Flow (15–20 Minutes)**

1. Cat-Cow Stretch (Spinal Mobility)

- On all fours, inhale as you arch your back (cow), exhale as you round your spine (cat)
- Repeat for 1 minute

2. Downward Dog

- From hands and feet, lift hips up into an inverted V
- Pedal your heels and hold for 30–60 seconds
- Stretches: calves, hamstrings, shoulders

3. Low Lunge Stretch

- Step one foot forward, lower the back knee
- Stretch your hip flexors and quads
- Hold 30 seconds each side

4. Seated Forward Fold

- Sit with legs extended, reach toward your toes
- Hold for 1 minute
- Stretches hamstrings and spine

5. Supine Spinal Twist

- Lie on your back, hug one knee across your body
- Hold 30 seconds each side
- Gently stretches lower back and core

6. Child's Pose

- Sit on heels, arms extended forward
 - Breathe deeply for 1–2 minutes
 - Restores calm and eases tension
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- **Breathing Exercise (Optional)**

Box Breathing (4–4–4–4):

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds
- Repeat for 2–3 minutes

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- **Tip of the Day:**

“Rest is not a reward — it’s part of the process. Listen to your body, honor your progress, and reset with intention.”

DAY	Workout Summary	Completed (✓)
DAY 1		()

DAY 2		()
DAY 3		()
DAY 4		()
DAY 5		()
DAY 6		()
DAY 7		()
DAY 8		()
DAY 9		()
DAY 10		()
DAY 11		()
DAY 12		()
DAY 13		()
DAY 14		()

DAY 15		()
DAY 16		()
DAY 17		()
DAY 18		()
DAY 19		()
DAY 20		()
DAY 21		()
DAY 22		()
DAY 23		()
DAY 24		()
DAY 25		()
DAY 26		()
DAY 27		()

DAY 28		()
DAY 29		()
DAY 30		()

- **Stay Motivated**

"Discipline is choosing between what you want now and what you want most."

SKHAAN

RESISTANCE BAND CHALLENGEE

30-Day Home Workout Plan – No Gym, No Excuses

UPPER BODY WORKOUT

1. Bicep Curls

How to do it: Stand on the band with feet shoulder width apart. Hold handles with palms up. Keep elbows close to torso and curl hands toward shoulders.

Sets/Reps: 3 sets of 12 reps

Band: Red 120 (b) or Red



3. Tricep Kickbacks

How to do it: Anchor the band under one foot. Bend forward, elbows tucked in. Extend arms back.

Sets/Reps: 3 sets of 12 reps

Band: Yellow or Red



LOWER BODY

1. Resistance Band Squats

Stand on the band with both feet. Hold handles. Squat down and

Sets/Reps: 3 sets of 15 reps.



2. Lateral Band Walks

Step into a loop band just above your knees.

Sets/Reps: 10 steps each way



3. Resistance Band Lunges

Stand on the band with one foot, hold handles, lunge forward.

Sets/Reps: 12 reps per leg



CORS & STABILITY

1. Resistance Band Squats

How to do it: Greer or: blue. Landerse at rhoushouldes, Squat down and rise slowly, Sets/Reps: 3 sets of 12 reps



2. Standing Oblique Crunch

Loop band under both feet, Place hands behind your head. Crunch side-to-side.

Sets/Reps: 3 sets of 10 reps



GLUTES & LEGS

1. Glute Kickbacks

Anchor the band low, on all fours. Loop around one foot. Lift one leg back slowly.



2. Glute Bridge Thrusts

Lie on back, light. Loop band (light medium) Band 2 rest 12 reps



3. Standing Hip Abduction

FULL BODY HIIT (High Intensity)

Circuit Routine

Repeat x 3

Done ✓ / X

Notes 30



Weekly Rotation Plan Example

Day	Upper Body	Plan	Example
Day 1	Upper Body	Upper 1	
Day 2	Core + Stability	Core +	
Day 3	Lower Body	Rest 15	
Day 4	Rest/Stretch	Full Body	

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