THE 14-DAY RESISTANCE BAND PLAN

A progressive, full-body starter plan built around repeatable setup, controlled effort, and safe band use.

Before you start

Choose a band that lets you finish each set with about two or three good repetitions still possible. Inspect it for cuts, cracks, thinning, or damaged handles. Keep the line of pull away from your face. If you use a door anchor, tension must pull the door closed and the door must be solid.

The effort rule

Use a smooth two-second lowering phase. Stop a set when technique changes, range shortens, or pain becomes sharp. Muscle effort is expected; joint pain is not. Record the band color, anchor position, stance, and repetitions so the next session is genuinely comparable.

Five movement patterns

MOVEMENT	STARTING VERSION	KEY CUE
Squat	Band under both feet, held at shoulders	Knees follow toes; keep full-foot pressure
Hip hinge	Band under feet and around hips or hands	Push hips back; keep spine long
Row	Secure low or chest-height anchor	Pull elbows back without shrugging
Press	Band behind upper back or secure anchor	Ribs stay stacked; wrists stay straight
Anti-rotation hold	Stand side-on to a secure anchor	Press hands forward without turning

Schedule: train on Days 1, 4, 8, 11, and 14. On other days, walk, recover, or practice the movements without fatigue. A meaningful plan leaves room to adapt.

14-day schedule

DAY 1 - BASELINE	2 sets each: squat 8-12, row 8-12, hip hinge 8-12, press 8-12, anti-rotation hold 15-25 seconds per side. Record the exact setup.
DAYS 2-3 - RECOVER	Walk or move comfortably. Note soreness and any anchor or grip problem. No need to chase fatigue.
DAY 4 - REPEAT	Use the same setup. Add one repetition only where every Day 1 repetition was controlled.
DAYS 5-7 - CONSOLIDATE	One optional technique round at very easy effort. Inspect bands and prepare the next resistance.
DAY 8 - PROGRESS	If all sets reached the top of the range, increase tension slightly and return to 8 reps. Otherwise keep the band and add reps.
DAYS 9-10 - RECOVER	Prioritize sleep, normal meals, and easy movement. Recovery is when adaptation becomes available.
DAY 11 - ADD VOLUME	Perform 3 sets for squat and row; keep 2 sets for the other movements. Stop with 2-3 reps in reserve.
DAYS 12-13 - REVIEW	Compare technique, repetitions, and perceived effort. Avoid changing multiple variables at once.
DAY 14 - CHECKPOINT	Repeat Day 1 conditions. Progress is more repetitions, better control, more tension, or lower effort - not soreness alone.

Progress checklist

■ Same anchor and stance recorded ■ Full range stayed comfortable ■ Final reps slowed without form loss ■ Band inspected before use ■ Only one progression variable changed

Evidence note

Elastic resistance can improve strength and physical function, but study protocols vary and certainty is not equal across populations. This worksheet is general education, not individualized medical or rehabilitation advice. See the companion article at calm-veritas.com/blog/resistance-band-training-science-guide.