



**FitWithGreg**  
***Feel Better. Live Longer.***

## ***20-Minute Full-Body Resistance Band Workout (Home)***

Coach: Gregory | [FitWithGreg.com](https://FitWithGreg.com)

Goal: Build strength, tighten up technique, and elevate heart rate—no weights needed.

### **Quick-Glance One-Pager**

Warm-Up: Pull-aparts, Hip hinges, Step-back lunges, Shoulder circles

Block A: Squats + Chest Press/Row (alternate each min)

Block B: RDL to High Pull, Pallof Press, Lateral Steps + Squat (3 rounds, 40/20)

Finisher: Thrusters, Rows, Good Mornings, Jabs (2 minutes nonstop)

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