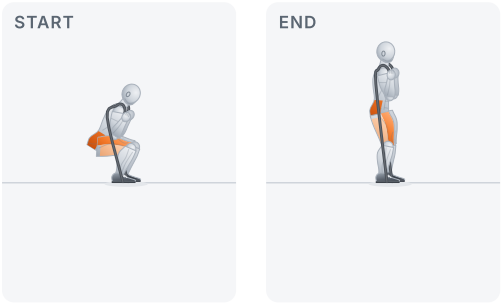
A1 Start Anywhere

Beginner | One band (Light or Medium) | About 20 minutes | 2 to 3 times per week

A circuit for your first sessions. Do all six exercises back to back, rest 45 seconds between exercises and complete two rounds. From week 3, do three rounds.

Main muscles Supporting muscles

Exercises

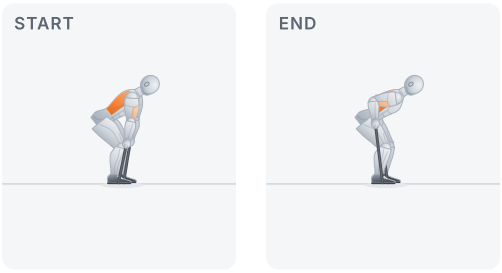


1. Squat 12 reps

Legs, glutes

Open the band and step on one end of the loop with both feet, shoulder-width apart. Bring the other end over the front of your shoulders and hold it at your collarbones.

- Sit your hips back and down; your knees follow your toes.
- Keep your chest up and your heels on the floor.
- Drive up through your legs until your hips are fully extended.



2. Bent-Over Row 12 reps

Upper back, biceps

Stand on the band and grip the ends. Hinge forward about 45 degrees with a straight back.

- Pull your elbows back and up, close to your body.
- Squeeze your shoulder blades together at the top.
- Keep your torso still; no momentum.

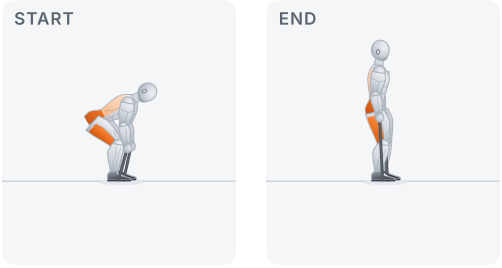


3. Standing Chest Press 12 reps

Chest, triceps

Run the band around your upper back under your armpits, one end in each hand. Stand in a staggered stance.

- Press your hands straight forward at chest height.
- Keep your shoulders down and your core braced.
- Return under control until your hands are beside your chest.

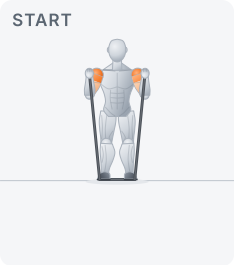


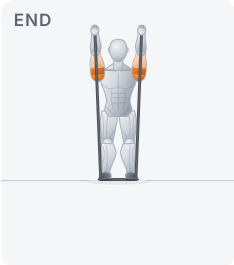
4. Deadlift 12 reps

Posterior chain, back

Stand on the band with both feet hip-width apart. Grip the band ends to the left and right of your feet.

- Push your hips back, keep your back straight and your arms long.
- Stand up by driving your hips forward, not by pulling with your arms.
- Squeeze your glutes at the top and pull your shoulders back.



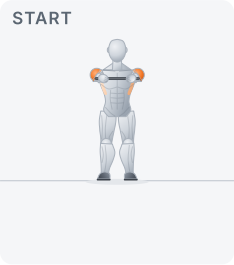


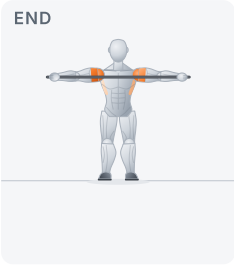
5. Overhead Press 10 reps

Shoulders, triceps

Stand on the band with both feet. Grip the band ends at shoulder height with your elbows under your hands.

- Brace your core and glutes; do not arch your lower back.
- Press your hands straight up until your arms are extended.
- Lower under control to shoulder height.





6. Pull-Apart 15 reps

Rear shoulders, upper back

Grip the band with both hands about shoulder-width apart, arms straight at shoulder height. The band ends hang outside your hands.

- Pull the band apart until it touches your chest.
- Squeeze your shoulder blades together and keep your shoulders down.
- Keep your arms almost straight.

Rules for every session

- **Choose your resistance:** Pick a level that leaves about two clean reps in reserve at the end of each set.
- **Progress:** Once every set reaches the upper rep number, move up to the next 10 kg level.
- **Fine-tune:** A step away from the anchor or a wider stance on the band increases the pull without changing bands.
- **Tempo:** Two seconds out, a short hold, two seconds back under control. Never let the band snap back.
- **Before every session:** Check the bands for tears, close the carabiners and test the anchor point with a firm pull.

Resistance levels

10 kg	Light
20 kg	Medium
30 kg	Heavy
40 kg	Very Heavy
50 kg	Light + Very Heavy
60 kg	Medium + Very Heavy
70 kg	Heavy + Very Heavy
80 kg	Light + Heavy + Very Heavy
90 kg	Medium + Heavy + Very Heavy
100 kg	All four bands

Health guidelines. aerobis Powerbands are demanding and powerful tools for physical fitness training. Please note our guidelines concerning safety and setup of the device to avoid injuries and accidents. Please consult your doctor, therapist, or trainer before training with the device for the first time. They can advise you accordingly and design an individual training plan for you. Get accustomed to the training slowly and do not overburden yourself. Start with uncomplicated exercises with little resistance and, if possible, train together with a training partner who can support you.

Guided version of this plan with animated exercises: aerobis.com/pages/powerband-workouts