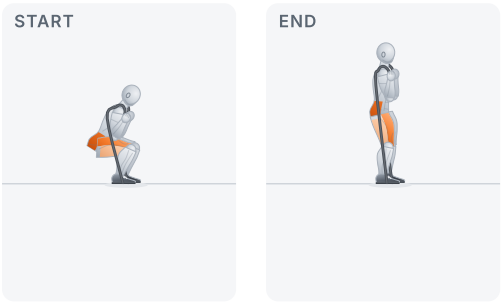
A2 Heavy Legs and Back

Intermediate | Set of 4 bands | About 40 minutes | 1 to 2 times per week

Squat and deadlift with two combined bands. Rest 90 to 120 seconds between sets.

Main muscles Supporting muscles

Exercises

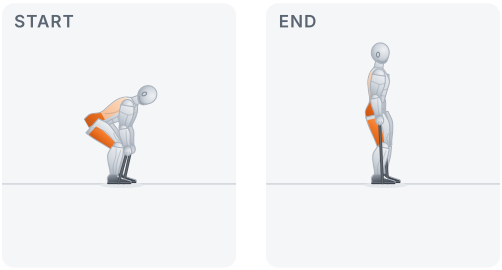


1. Squat 4 × 6–8

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.

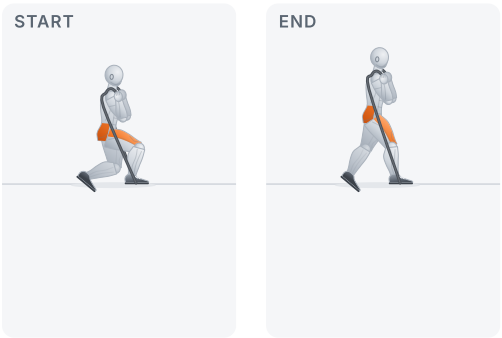


2. Deadlift 4 × 6–8

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.

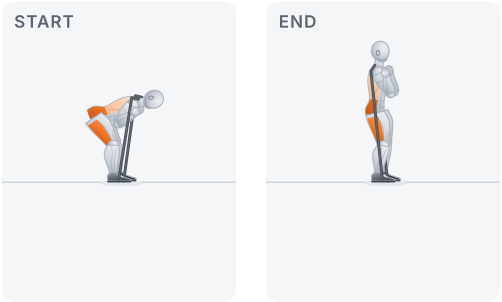


3. Split Squat 3 × 8 per side

Legs, glutes

Take a lunge stance. Step on one end of the loop with your front foot, bring the other end over the front of your shoulders and hold it at your collarbones.

- Keep your torso upright and lower your back knee straight toward the floor.
- Your front knee stays over your foot.
- Push up through your front heel.

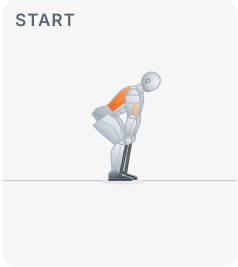


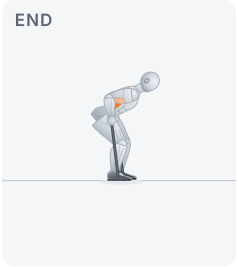
4. Good Morning 3 × 10

Hamstrings, lower back

Step on one end of the loop with both feet. Place the other end across your upper back just below the neck and hold the band in front of your shoulders.

- Keep a slight bend in your knees.
- Push your hips back and lower your torso with a straight back.
- Come back up using your glutes and hamstrings.



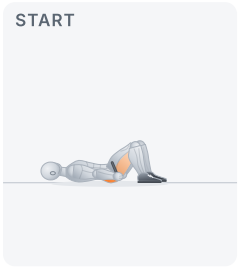


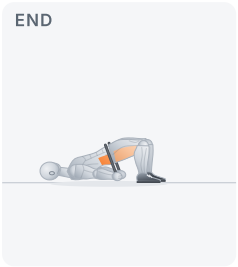
5. Bent-Over Row 4 × 8–10

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.





6. Glute Bridge 3 × 12

Glutes, hamstrings

Lie on your back with your feet hip-width apart on the floor. Lay the band across your hips and pin both ends to the floor with your hands.

- Lift your hips until knees, hips and shoulders form one line.
- Squeeze your glutes hard at the top; do not arch your lower back.
- Lower slowly without resting on the floor.

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