A3 Full-Body Strength On the Go

Advanced | Set of 4 bands | Six weeks | 3 sessions per week

Alternate the two sessions: X, Y, X in one week and Y, X, Y in the next. Rest 60 to 90 seconds between sets. Sets, reps and resistance change every two weeks.

Main muscles Supporting muscles

Progression

WEEKS	SETS × REPS	RESISTANCE
Weeks 1–2	3 × 10–12	Starting level
Weeks 3–4	4 × 8–10	One level up
Weeks 5–6	4 × 6–8	Two levels up

Session X

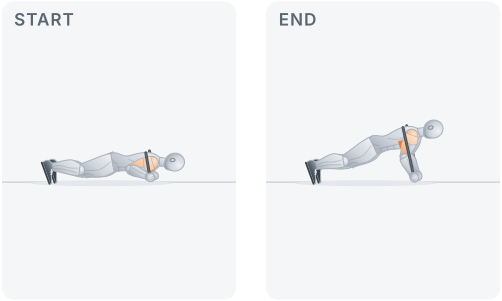


1. Squat

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. Banded Push-up

Chest, triceps

Place the band across your upper back with one end under each palm. Hands under your shoulders, body in one straight line.

- Stay tight; do not let your hips sag.
- Lower your chest to just above the floor, elbows about 45 degrees from your body.
- Push up against the band until your arms are straight.

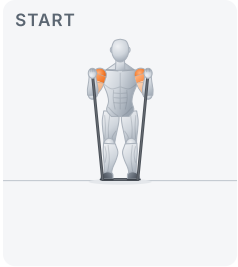


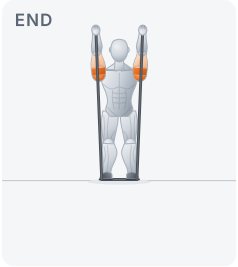
3. Bent-Over Row

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.



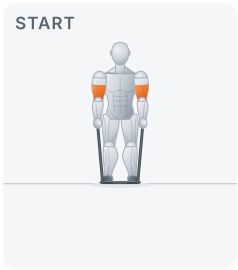


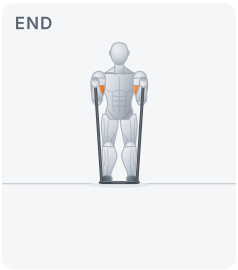
4. Overhead Press

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.





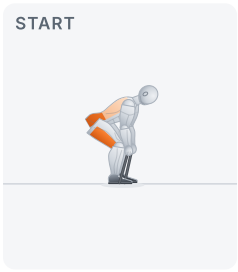
5. Biceps Curl

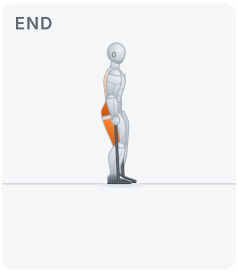
Biceps

Stand on the band with both feet. Grip the band ends with your palms facing forward.

- Keep your elbows at your sides.
- Curl your hands up to shoulder height.
- Lower slowly until your arms are almost straight.

Session Y



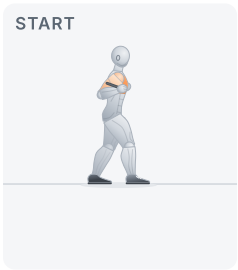


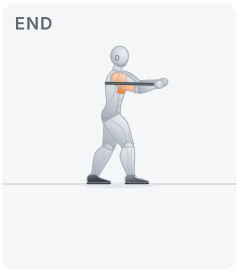
1. Deadlift

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.



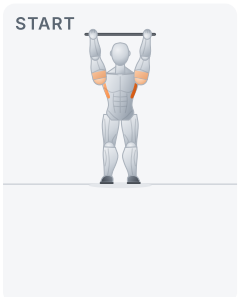


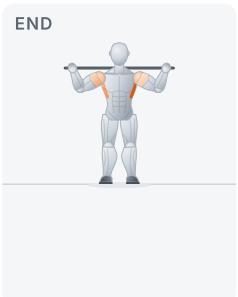
2. Standing Chest Press

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.



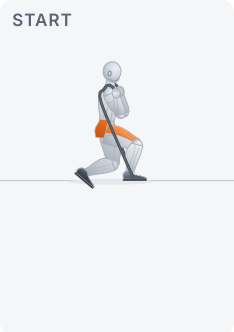


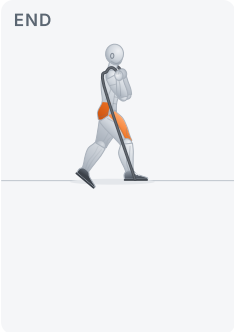
3. Overhead Lat Pull-Apart

Lats, upper back

Grip the band slightly wider than shoulder width and hold it overhead with straight arms. The band ends hang outside your hands.

- Pull your elbows down and out, bringing the band behind your head toward your neck.
- Draw your shoulder blades down and together.
- Extend back up under control.



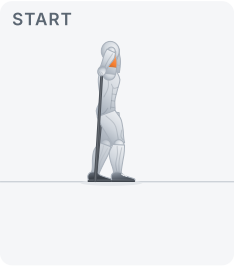


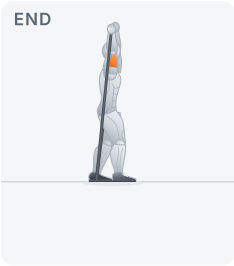
4. Split Squat per side

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.





5. Overhead Triceps Extension

Triceps

Step on one end of the band with your rear foot. Run the other end up behind your back and hold it with both hands behind your head.

- Keep your upper arms beside your head, elbows pointing up.
- Move only your forearms and extend your arms overhead.
- Brace your core; do not arch your lower back.

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