B1 First Workout on the Handles

Beginner | One band per side | About 25 minutes | 2 times per week

Before you start: fasten the Anchor Sling, clip one band into each Carabiner XL, attach the handles and give the setup a firm test pull. Rest 60 seconds between sets.

Main muscles Supporting muscles

Exercises

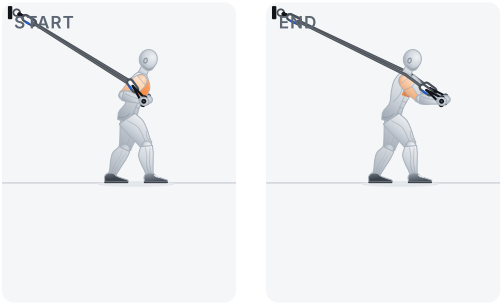


1. Row 3 × 12

Upper back, biceps · Anchor: High, in front of you

Anchor above head height, facing the anchor. Grip the handles with your palms facing each other, knees slightly bent, arms extended.

- Pull your elbows back, close to your body.
- Squeeze your shoulder blades together and lift your chest.
- Keep your torso still; do not lean back.

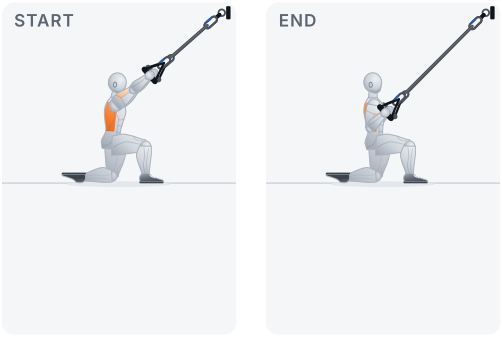


2. Chest Press 3 × 12

Chest, triceps · Anchor: High, behind you

Anchor above head height, one band per side. Stand with your back to the anchor in a staggered stance, torso leaning slightly forward. The bands run over your shoulders.

- Upper arms slightly away from your body, hands beside your lower ribs.
- Press the handles straight forward until your arms are almost straight.
- Keep your core tight; do not arch your lower back.

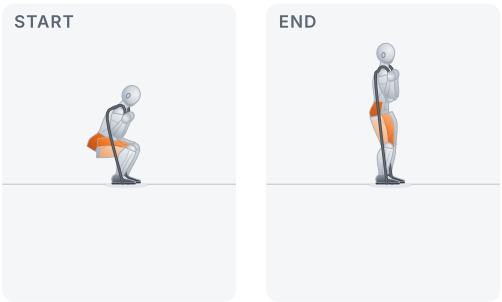


3. Kneeling Lat Pulldown 3 × 12

Lats · Anchor: High, in front of you

Anchor above head height. Half-kneel in front of it: one knee on the floor, the other leg in front at a right angle. Grip the handles with your palms facing each other, arms extended diagonally upward.

- Pull your shoulders down first.
- Drive your elbows down along your sides until your hands are at shoulder height.
- Brace your core; do not arch your lower back.

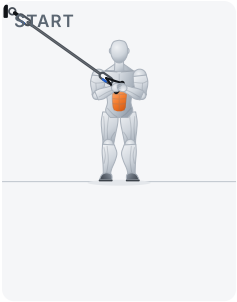


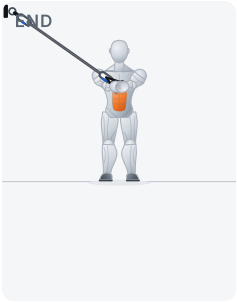
4. Squat 3 × 12

Legs, glutes · Band under your feet

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.





5. Pallof Press 2 × 10 per side

Core · Anchor: High, to your side

Anchor above head height. Stand side-on to the anchor and hold one handle with both hands in front of your chest. The band runs down to your hands at an angle.

- Press your hands straight out in front of you.
- Your torso does not rotate; hips and shoulders face forward.
- Hold for two seconds, then return to your chest.

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 (per side)

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