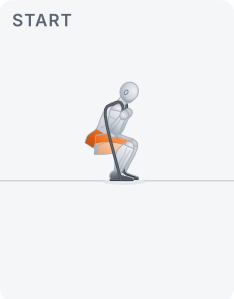
B2 Full-Body Strength

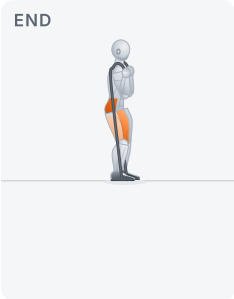
Intermediate | Powerband Trainer 2.0 | Eight weeks, about 45 minutes | 3 sessions per week, one rest day in between

Rest 90 seconds between sets. Go up one 10 kg level per side as soon as every set reaches the upper rep number.

Main muscles Supporting muscles

Exercises



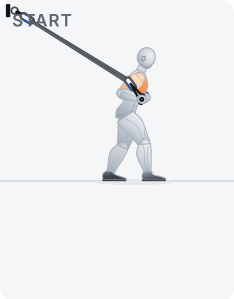


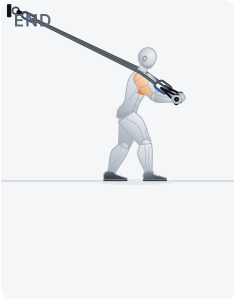
1. Squat 4 × 8–10

Legs, glutes · Two identical bands 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.



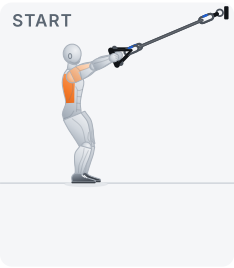


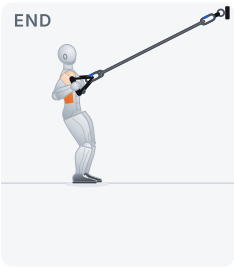
2. Chest Press 4 × 8–10

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.



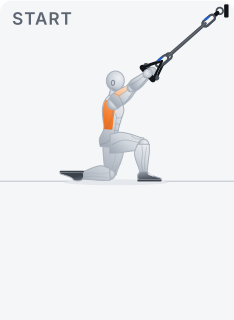


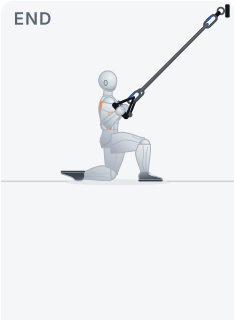
3. Row 4 × 8–10

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.



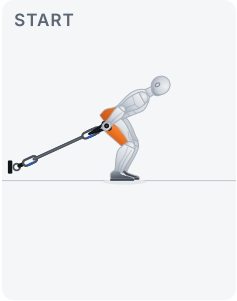


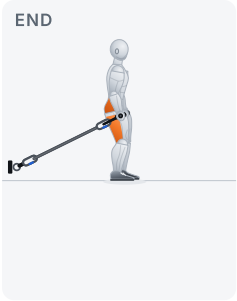
4. Kneeling Lat Pulldown 3 × 10–12

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.



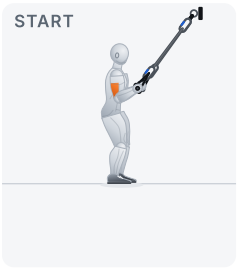


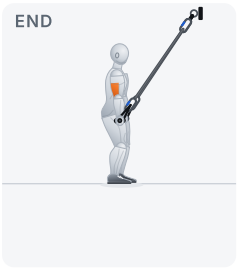
5. Pull-Through 3 × 12

Glutes, hamstrings · Anchor: Low, behind you

Anchor near the floor, back to the anchor in a wide stance. Run the bands between your legs and hold the handles with straight arms.

- Push your hips far back with a straight back; the handles travel between your legs.
- Drive your hips forward powerfully.
- Your arms stay long; the power comes from your glutes.



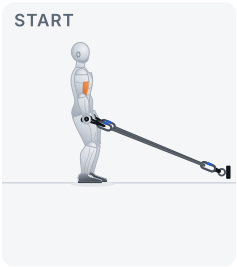


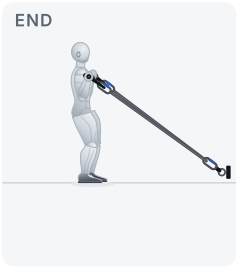
6. Triceps Pushdown 3 × 12

Triceps · Anchor: High, in front of you

Anchor above head height, facing the anchor. Upper arms at your sides, forearms roughly horizontal.

- Keep your elbows pinned to your sides.
- Press the handles down until your arms are straight.
- Return slowly to a right angle.





7. Biceps Curl 3 × 12

Biceps · Anchor: Low, in front of you

Anchor near the floor, facing the anchor. Grip the handles with your palms up, arms long.

- Keep your elbows at your sides.
- Curl the handles up to shoulder height.
- Lower slowly until your arms are 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 (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