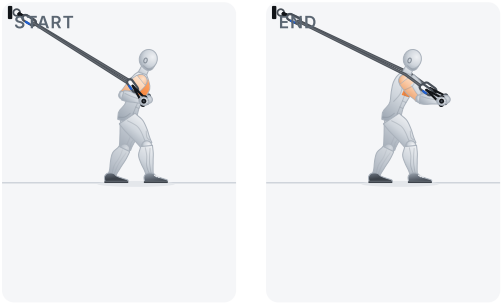
B3 Push/Pull Split

Advanced | Powerband Trainer 2.0 | About 50 minutes | 4 sessions per week

Monday Push, Tuesday Pull, Thursday Push, Friday Pull. Rest 90 to 120 seconds on the first two exercises and 60 seconds on the rest.

Main muscles Supporting muscles

Push



1. Chest Press 5 × 6–8

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.

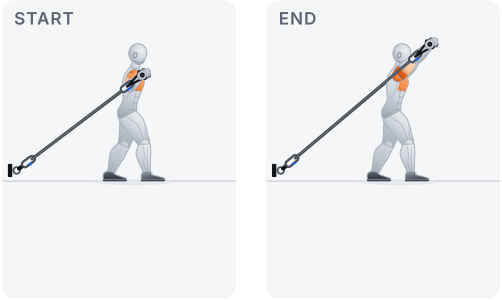


2. Squat 4 × 6–8

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.

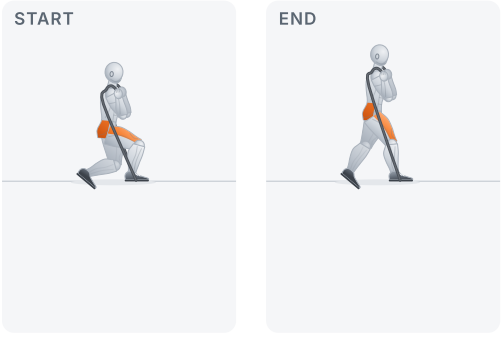


3. Incline Press 4 × 8

Upper chest, shoulders · Anchor: Low, behind you

Anchor near the floor, back to the anchor in a staggered stance. Handles beside your shoulders, elbows about 45 degrees away from your body. The bands run under your arms.

- Press the handles diagonally forward and up; your elbows stay flared.
- Almost straighten your arms and keep your shoulders down.
- Return under control to beside your shoulders.

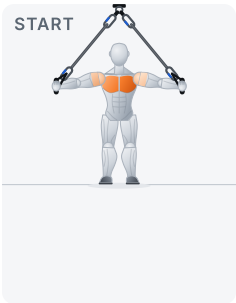


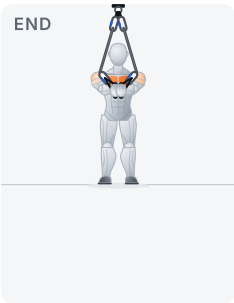
4. Split Squat 3 × 8 per side

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.



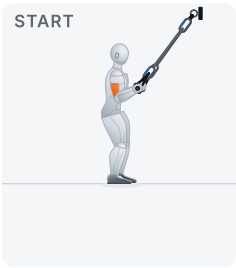


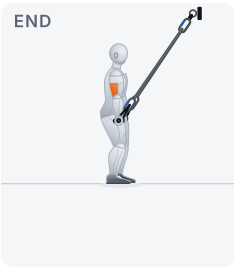
5. Chest Fly 3 × 12

Chest · Anchor: High, behind you

Anchor above head height, back to the anchor in a staggered stance. Arms open to the sides with slightly bent elbows. As your hands come together, the bands rest on your shoulders.

- Bring your arms together in a wide arc in front of your chest.
- Elbow angle and hand position stay the same; palms face each other.
- Open slowly, only as far as your shoulders stay stable.



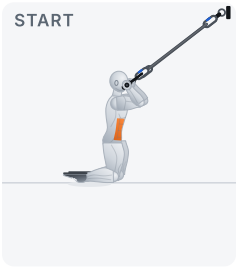


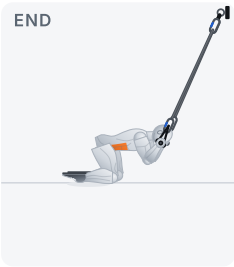
6. Triceps Pushdown 4 × 10

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.





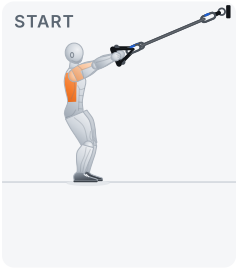
7. Kneeling Crunch 3 × 15

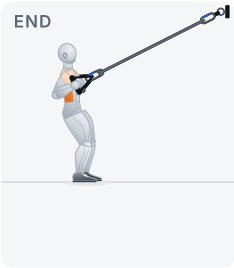
Abs · Anchor: High, in front of you

Anchor above head height. Kneel in front of it and hold the handles beside your head.

- Curl your torso down, elbows toward your knees.
- Keep your hips still; the movement comes from your abs.
- Come back up slowly.

Pull



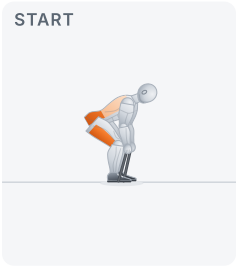


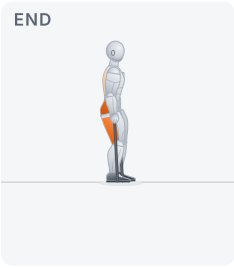
1. Row 5 × 6–8

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.



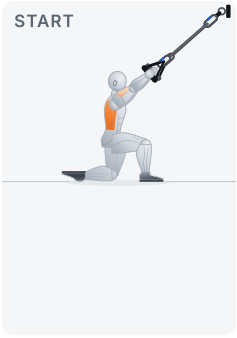


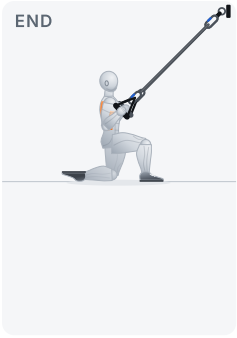
2. Deadlift 4 × 6–8

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.



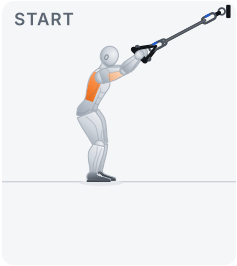


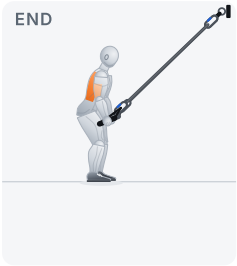
3. Kneeling Lat Pulldown 4 × 8

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.



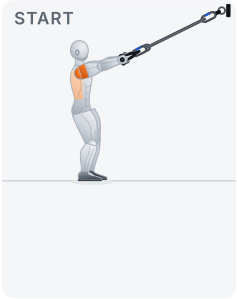


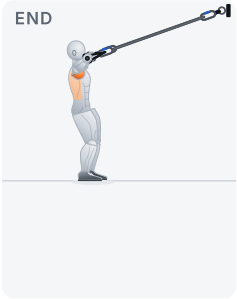
4. Straight-Arm Pulldown 3 × 12

Lats · Anchor: High, in front of you

Anchor above head height, facing the anchor, torso leaning slightly forward. Arms extended at head height.

- Pull your straight arms down in an arc to beside your thighs.
- Keep your elbows slightly bent and locked.
- Shoulders down, core braced.



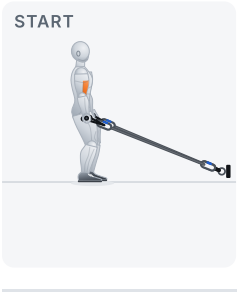


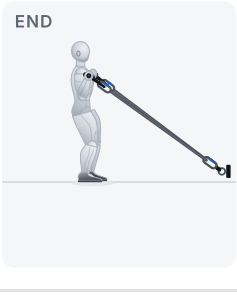
5. Face Pull 3 × 15

Rear shoulders, upper back · Anchor: High, in front of you

Anchor above head height, facing the anchor. Arms extended forward and up. Choose light bands.

- Pull the handles toward your face, elbows high and wide.
- Finish with your hands beside your ears and your shoulder blades together.
- Do not lean back into an arch.



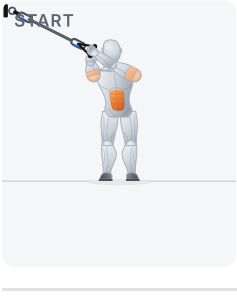


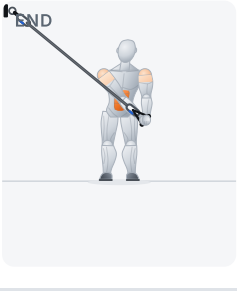
6. Biceps Curl 4 × 10

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.





7. Woodchop 3 × 10 per side

Core, shoulders · Anchor: High, to your side

Anchor above head height. Stand side-on to the anchor and hold one handle with both hands up high on the anchor side.

- Pull the handle diagonally across your body to the opposite hip.
- Your torso rotates with it; your arms stay almost straight.
- Return under control.

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