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with every heartbeat

HOW TO USE RESISTANCE BANDS LIKE A PRO



**varied and effective full
body workout**



**improves strength, mobility
and flexibility**



**most individual training -
anywhere & anytime**



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www.be-maxx.com

Before you begin your workout, we would like to say a big
THANK YOU
for choosing bemaxx Resistance Band Set!

Your satisfaction is our priority!

We want you to fully enjoy your bemaxx resistance bands and ensure that you are completely satisfied!

We have done our best to ensure that our resistance bands are ideally adapted to the individual needs of our customers and that you can obtain the maximum benefit from this e-book.

Can we still improve our resistance bands or e-books? If so, please tell us how. We are 100% behind our claim to satisfy you. For special wishes or suggestions, you can contact us at any time under the following email address:

support@pl-concepts.com

We will do our best to make sure you are 100% satisfied.

Please leave us a product review on Amazon!

We would be very happy if you could leave us a short review on [Amazon](#), it would help us enormously.

Follow us on [Facebook](#) and [Instagram](#), where we post the latest sports and fitness news, helpful training tips, delicious recipes for cooking, as well as promotions, sweepstakes and training challenges put together by our experts.

Are you interested in exclusive benefits, offers and product tests at greatly discounted prices well ahead of everyone else? Then join our [bemaxx VIP Club](#) now.

More questions?

If you have any more questions or concerns, please do not hesitate to contact us any time - we'll be happy to help.

Congratulations – you have decided to include **resistance training** in your training program as a highly effective, varied and fun way to keep your full body in shape!

Elastic bands have been used in **sport medicine, physiotherapy and rehabilitation training** for more than 20 years. Recently, however, also heavier bands in the **fitness, bodybuilding and hardcore-powerlifting area** have dramatically increased in popularity and have brought the field of application to the next level.

Today, the colourful tubes are considered as the **more effective alternative to free weights**. Since the bands consist of elastic natural fabric, they **always strive back to their original state** the further they are stretched – and therefore **create a resistance**. Exactly this resistance is extremely important for optimal muscle growth because it is **much more effective to keep the maximum tension for the maximum possible time** than lifting a constant weight (e.g. dumbbells) over the entire motion sequence.

What is more, resistance band training offers the great advantage of a **larger eccentric load**. This is the load that you feel when you try to move back a weight against the resistance to its initial position. The bands' elastic properties speed up the loading phase of every exercise, which in turn creates a greater need for eccentric control and thus, challenges the phase of strength necessary to actually move the applied resistance. If you now try to **reduce the resistance slowly, you create a very strong stimulus for muscle growth** because it is exactly this part of the movement that recruits the bulk of your muscle fibres. Consequently, the greater the eccentric load, the greater the muscle growth and the faster you will achieve noticeable and visible results.

According to your individual fitness level, you can also try using **2-3 resistance bands at the same time** in order to **increase the load on the last part of the movement radius**.

On the following pages we want to give you an overview of the **almost countless training possibilities** of your resistance bands and an idea of how variedly they can be **used for full body workouts targeting every single muscle group you can think of**.

You will see – whether you are a beginner or professional athlete – if you want to **improve your strength, mobility and flexibility** in the most effective, varied and efficient way possible, you might have just found your ideal sparring partner!

We wish you lots of fun and the best of luck and success in your training!

Your bemaxx Team

BE CREATIVE and
win a bemaxx product
of your choice!



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1

Post a photo
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bemaxx product
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2

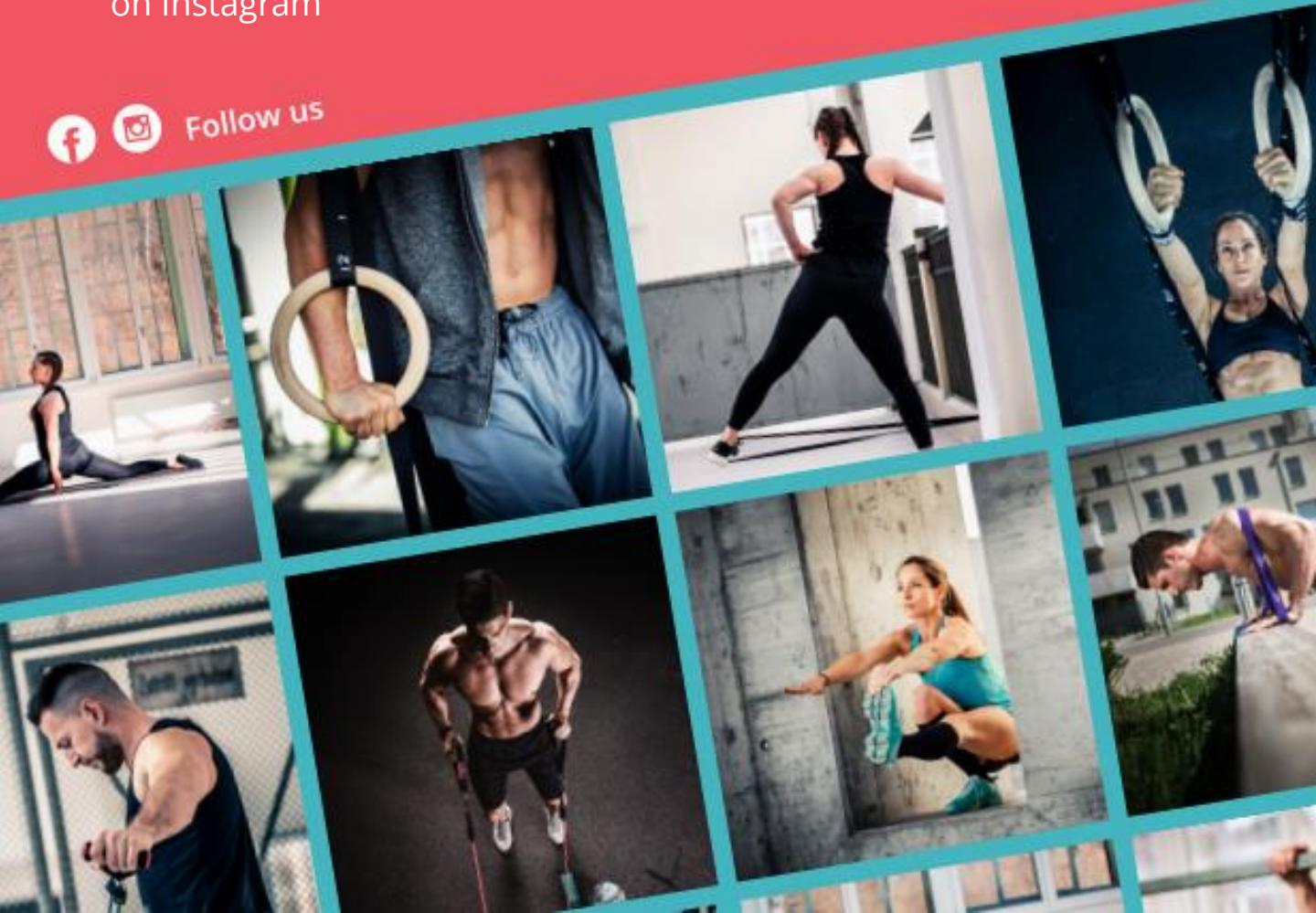
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[@bemaxx_fitness](https://www.instagram.com/bemaxx_fitness)
and #wantmore

3

You win if we
post your photo!



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Your all-in-one-resistance band set

The bemaxx Resistance Bands are the perfect training device for your workout at home, the office or on the road. Depending on the exercise and the shift of body weight, it allows both beginners as well as professional athletes a complete and highly effective full body workout with immediate tangible results.

The set includes:

➤ 5 resistance bands of different resistance levels

- 10lbs (very light)
- 20lbs (light)
- 30lbs (medium)
- 40lbs (heavy)
- 50lbs (very heavy)



➤ 2 soft cushioned foam handles

➤ 2 ankle straps

➤ 1 non-slip door anchor

The bemaxx door anchor allows you to use your Resistance Bands even more flexibly and individually.

Depending on the exercise, you can fix the door anchor at different heights between door and door frame. The black foam stopper is then located on one side of the door and the loop for attaching the resistance bands on the other side.

➤ 1 convenient carrying bag

➤ 1 workout guide "how to use resistance bands like a pro"

Safety & Care:

When storing the bands, keep them away from heat sources and sunlight. You should also not store them outdoors or in a wet, cold environment. Avoid contact with sharp objects, nails, zippers, etc. Inspect your resistance bands regularly for damage and replace them if necessary. Make sure that the door anchor is always fixed securely between door and door frame and lock the door if necessary. Do not stretch the bands over 2,5 times of their original length.

Never use this or any other sports equipment without training and without having read the relevant safety instructions carefully. Never perform any exercises if you do not feel safe or if they have not been demonstrated to you by a certified trainer or specialist. Never use this or any other sports equipment if you have found any faults with it. Get used to a new piece of sports equipment before you start using it for advanced exercises..

Before starting the exercises from this training program or those from any other document, ensure that your equipment is sufficiently maintained. Do not take any risks that exceed your experience, abilities or physical fitness.

The training and nutritional guides in this or any other document are not medical guides but are instead designed for the purposes of training and information. They are not a replacement for exercises, treatments or dietary remedies prescribed by your doctor. Contact your doctor first before using the information in this or any other document. Please follow the advice of your doctor if it differs from what you find in this or any other document. If you use the information in this or any other document without first consulting your doctor, you do this at your own risk. bemaxx excludes liability in particular for damage or consequential damage and is not responsible for injuries or losses resulting directly or indirectly from the use or abuse of this product.

The information in this or other documents is intended for persons over the age of 18 and is intended to complement, not replace, suitable training. All forms of physical activity entail some inherent risks. bemaxx therefore advises all users to take on full responsibility for their own health and to recognize and respect their own limitations.

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A close-up photograph of a woman's back and glutes. She is wearing a pink sports bra and black shorts. Her muscles are well-defined, particularly her latissimus dorsi and gluteal muscles. The background is blurred, suggesting a gym environment.

**STRONG
IS THE NEW
SEXY**

Below we have summarized the most important safety warnings so that you can enjoy your new resistance band set for a long time to come:

I. FASTENING THE DOOR ANCHOR:



The door anchor allows you to attach your resistance bands quickly and easily to almost any lockable door. Whether at the office, hotel room, or home—you can quickly and easily install your resistance bands anytime and anywhere and get started with your training and workouts.

Please make sure that the door is closed properly to prevent it from opening during the exercise.
Beware of inward swinging doors and other people who could open the door during training!

Safety tip: Lock the door if possible!

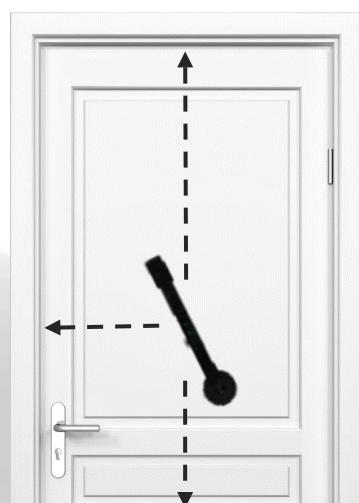
In detail:



Step 1: Place the door anchor between the door and door frame so that the loop is on one side of the door, and the door anchor is on the other side.



Step 2: Now close the door and make sure that the anchor is well-positioned between the door and the door frame. Pay close attention to other people who might open the door during your workout. Lock the door if possible.



Step 3: Then, pull your resistance bands through the loop of the door anchor or fasten them with one of the provided carabiners.

2. FASTENING OF THE BANDS:



As illustrated, you have the option of either attaching your bands to the stainless steel ring of the door anchor with a carabiner, or you can simply thread the whole band through the neoprene loop and attach the two ends to hand grips/foot straps.

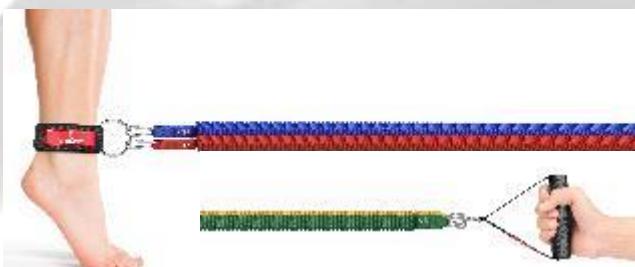
Please NEVER thread your bands through the stainless-steel D-ring to avoid damage to your bands: The neoprene loop is best suited for this purpose and protects your straps optimally thanks to the soft padding.

Please **do not use the bands directly on hard, rough, or sharp surfaces** (e.g., on trees, street lights, etc.). **Pay special attention to sharp objects** such as nails, zippers, carabiners, etc., which could damage your straps.



For exercises during which you hold the bands in place with your feet, make sure not to use shoes with rough soles or to use them on rough, uneven surfaces (asphalt, rough floors, etc.).

3. FASTENING OF THE HAND GRIPS/ FOOT STRAPS:



Depending on the exercise, attach either one or both of the supplied hand grips or foot straps to the free ends with carabiners. After that, you can start your exercise right away!

Please note: Threading the bands through the neoprene loop of the door anchor and then attaching the two ends to one of the hand grips or foot strap will create double the resistance.

4. HOW TO GET HIGH RESISTANCE WITHOUT OVERSTRETCHING THE BANDS:

Like any other exercise equipment, your bands will wear out with regular exercise. By following the tips below, you can significantly increase the life span of your equipment and enjoy your training device for a much longer time:

Do not overstretch your bands! Instead, combine several bands for higher resistance. This will reduce the wear on the individual bands. Generally, you should not stretch any of the bands to more than 2.5 times their initial length.

Consistent overstretching can lead to damage or even tearing of your bands! For your own safety, you should check your equipment for damages before each training session (and replace it if necessary!). Always start your exercises slowly and avoid jerky movements.



Stretch to a max. of 2.5 times the original length



5. CARE / STORAGE:



When storing the bands, keep them away from heat sources and sunlight. You should also not store them outdoors or in a wet, cold environment.



The resistance bands are not a toy and should never be used for any other purpose than the intended exercises.

6. DO YOU NEED SUPPORT OR SPARE PARTS?

Do you have any **questions or suggestions** regarding the training with your training device?

Do you need **spare parts for your training** from the set below? A new or additional door anchor? Extra resistance bands? Or just new foot straps, hand grips, or carabiners?

Please do not hesitate to contact us at any time—we will be happy to help you:

support@pl-concepts.com

Resistance bands
in 5 different
strengths



2x foot straps

1x door anchor

2x hand grips

If you want to include resistance training in your exercise program, you might have to adapt your way of training a little. **Because unlike free weights, resistance bands do not work with gravity, but with traction.** Therefore, resistance training will feel a little different in the beginning, if you are used to training with dumbbells.

However, after a while, you will certainly appreciate all the **benefits of your bemaxx resistance band set.** One of the biggest advantages is that you can easily **choose the perfect resistance level for your exercise completely individually** by simply picking the appropriate resistance band or even a combination of different bands at the same time. In contrast to free weights training, this form of strength training leads to an **isometric contraction and thus, to a particularly long muscle tension.** This is why regular resistance training can increase muscle growth and strength significantly in a short period of time already.

1. Tip – Repetitions:

The number of repetitions can vary greatly. Overall, we can recommend the following:

- muscle toning and growth (10-15 repetitions)**
- strength gain (6-8 repetitions)**
- increase of maximum strength (<5 repetitions)**

You should try to choose a resistance level (**by combining different bands at the same time**) at which you are completely exhausted after completing your number of repetitions and could not do any further repetitions.

2. Tip – Sets:

Start with 2 sets for each exercise (e.g. 2x15 repetitions); take a break for 2 minutes after each set. Once you feel ready for it, increase the number of sets as desired.

3. Tip – Keep tension for 2-3 seconds:

At the point of maximum traction try to keep the tension for 2-3 seconds before going back to the initial position.

If you want to **make your own training plan** for the next week(s) we recommend you to split your training so that you **only train 1 to maximum 3 muscle groups per workout session**.

The reason for this lies in the fact that **large muscle groups usually need several days for recovery**. What is more, you will have to do a high number of repetitions and sets in order to challenge your muscles to a maximum, which in turn may take a considerable amount of time. Finally, the more muscle groups you are employing in your workout, the greater is the stress on the central nervous system. As a consequence, training more than 2 muscle groups in 1 workout will make you feel weak and tired.

By splitting your training, you actually take advantage of the recovery phase of one of your muscle groups by employing **a different muscle group on the next day of your training**. Below we show you 2 options of what a weekly training plan could look like:

week day	muscle group
Monday	upper body
Tuesday	lower body
Wednesday	rest day
Thursday	upper body
Friday	lower body
Saturday, Sunday	rest day

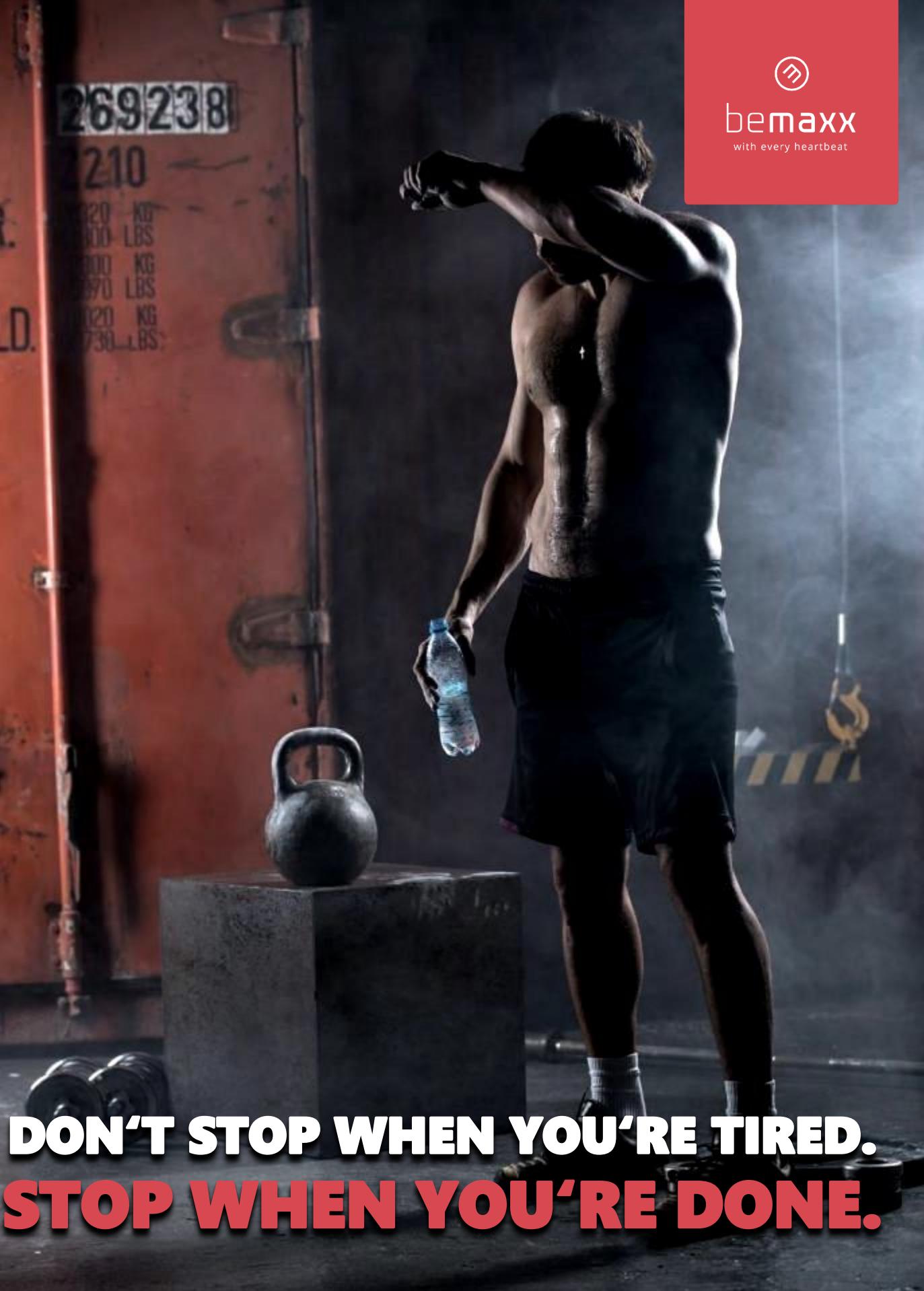
week day	muscle group
Monday	chest, back
Tuesday	rest day
Wednesday	shoulders, arms
Thursday	rest day
Friday	legs, abdomen
Saturday, Sunday	rest day

However, regardless of whether you want to use your resistance bands only 2 times a week or whether you want to train all your muscle groups 5 days a week at a time:

Always keep in mind that there is no limit to your creativity – neither when putting together your training schedule, nor when using your bemaxx Resistance Band Set.



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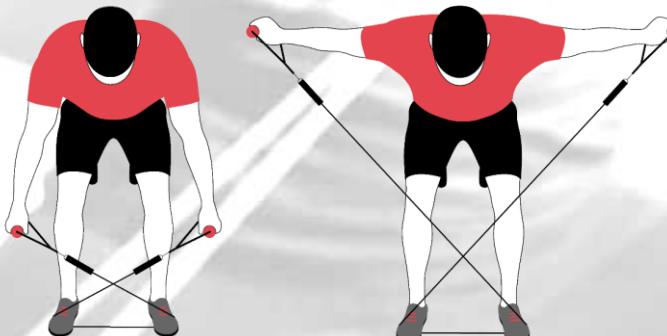
**DON'T STOP WHEN YOU'RE TIRED.
STOP WHEN YOU'RE DONE.**

Band Exercises - Back (I/IV)

Band Row Low



- Secure the band low, stand up and hold the handles with your hands, arms extended in front of your hips, palms facing each other.
- Pull the handles back towards your abdomen and allow them to slowly return after a short pause.
- Keep your back straight and still throughout.



Band Back Fly - Bent Over



- Secure the band beneath your feet, stand up with your body tilted forward and grasp both handles with your hands, arms extended in front of your knees, palms facing each other.
- Pull the handles out and up on each side of your body and allow them to slowly return after a short pause.
- Keep your back and arms straight throughout.

Seated Band Row Low



- Secure the band low, sit down with your legs extended and grasp both handles on top of your knees, arms extended and palms facing each other.
- Pull the handles back towards your abdomen and allow them to slowly return after a short pause.
- Keep your back straight and still throughout.



Band Exercises - Back (II/IV)



Deadlift

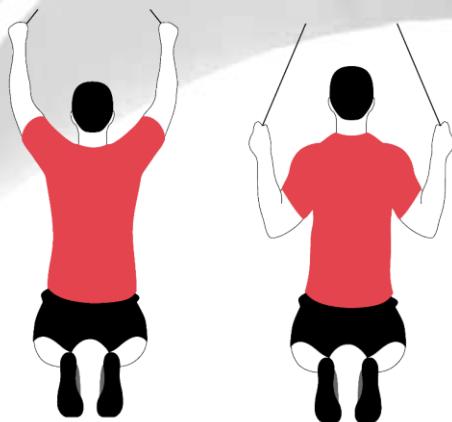
- Secure the band under your feet. Now, lower your butt until your quads are roughly parallel to the floor. Grasp both handles with your hands, palms facing backwards.
- With a slight arch in your back push with your legs so that the handles clear your knees and come to rest at your upper thigh. Your shoulders and knees should be locked, your back straight and your arms should be hanging straight upon completion.



Straight Leg Deadlift



- Secure the band under your feet. Now, lower your body, until it is roughly parallel to the floor – legs straight. Grasp both handles with your hands, palms facing backwards. With a slight arch in your back push with your gluteus so that the handles clear your knees and come to rest at your upper thigh.
- Your shoulders and knees should be locked, your back straight and your arms should be hanging straight upon completion.



Pulldown

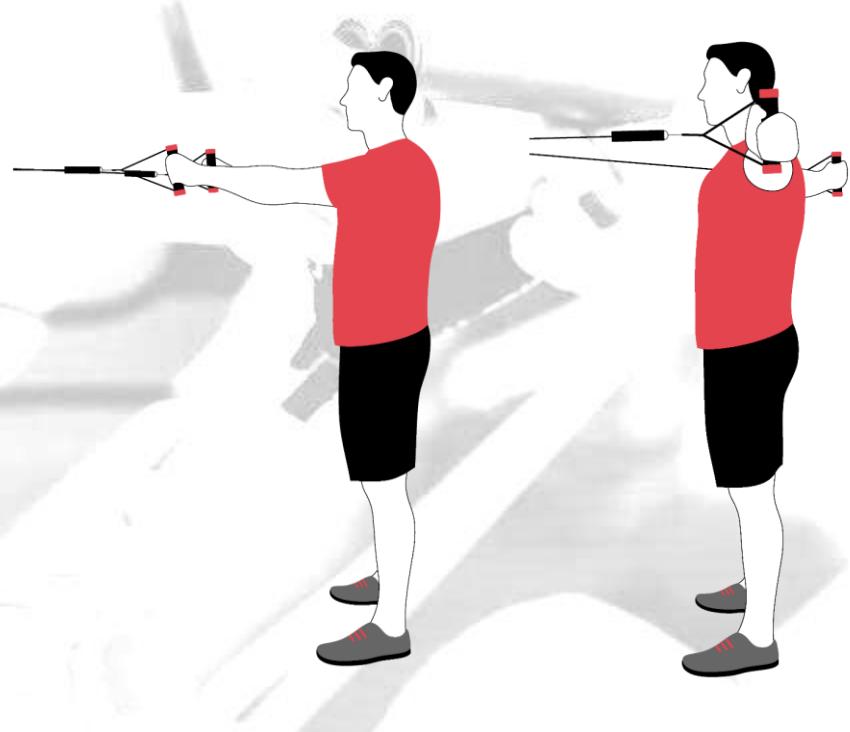
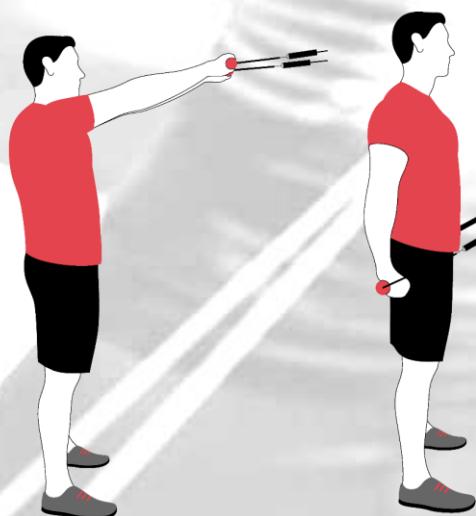


- Secure the band high, get on your knees facing the wall / door and grasp both handles above your head - palms facing forwards.
- Pull the handles down towards your shoulders and allow them to slowly return after a short pause.
- Keep your torso straight throughout.

Band Exercises - Back (III/IV)

Standing Band Back Fly

- Secure the band at medium height, stand up and grasp both handles with your hands, arms extended in front of your chest, palms facing each other.
- Pull the handles back by moving your arms to each side of your body and allow them to slowly return after a short pause.
- Keep your back and arms straight throughout.

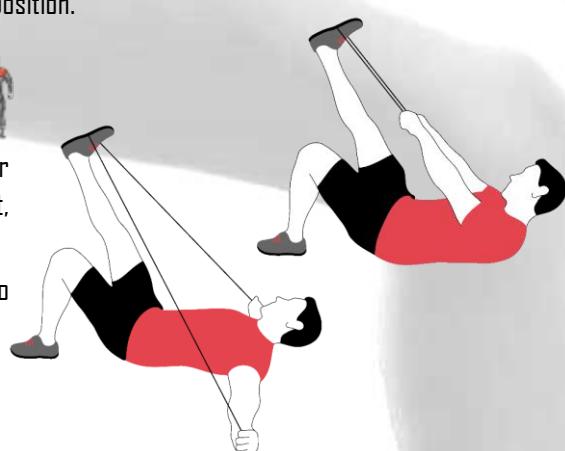


Band Pulldown

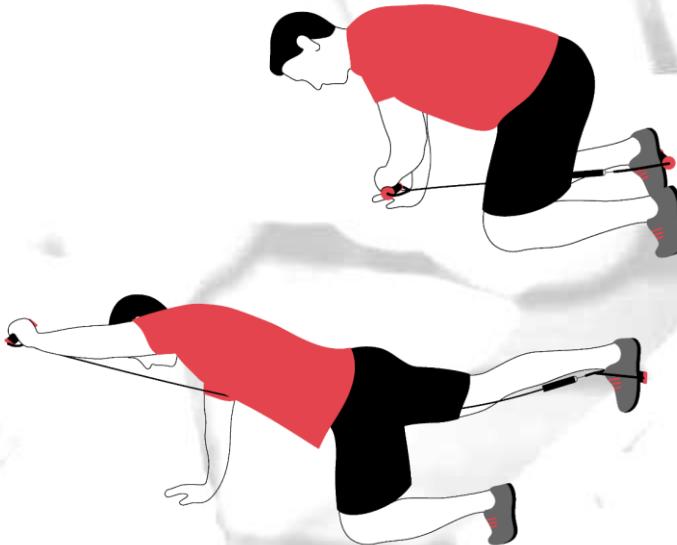
- Secure the band high, stand up and grasp both handles with your hands in front of your head, arms extended and palms facing each other.
- Pull the handles down towards each side of your body and allow them to slowly return after a short pause.
- Breathe out while pulling and breathe in while returning to starting position.

Lying Band Back Fly

- Secure the band beneath your foot held in the air and lie on your back and hold the handles with your hands above your chest, arms extended and palms facing each other.
- Pull the handles out to each side of your body and allow them to slowly return after a short pause.
- Keep your arms straight throughout.



Band Exercises - Back (IV/IV)



Band Arm-Leg Extension

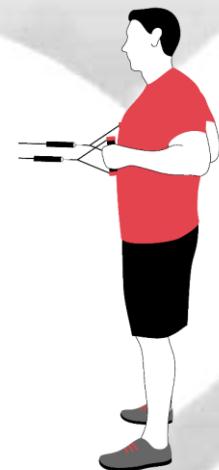
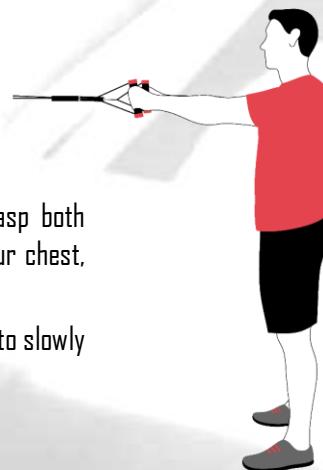
- Secure the band to your feet, kneel on your other side's knee and grasp the handle with the other side's hand.
- Stretch the band by extending your leg and arm until it is parallel to the floor and slowly return back to the starting position after a short pause.
- Keep your back straight throughout.



Standing Row



- Secure the band at medium height, stand up and grasp both handles with your hands, arms extended in front of your chest, palms facing up.
- Pull the handle back towards your abdomen and allow it to slowly return after a short pause.
- Keep your back straight throughout.



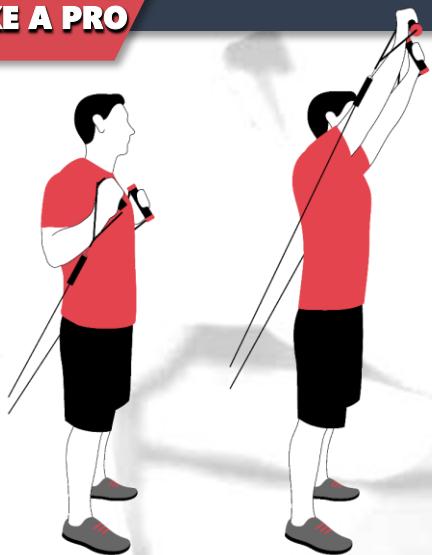
Single-Arm Band Row Low



- Secure the band low, stand up with your upper body bent forward and grasp one handle with your hand, arm extended in front of your knee, palm facing down.
- Pull the handle back towards your abdomen and allow it to slowly return after a short pause.
- Keep your back straight and still throughout.

**WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED**

Band Exercises - Chest (I/IV)



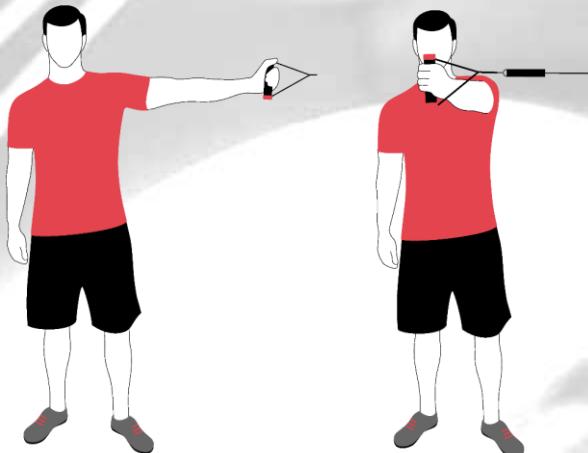
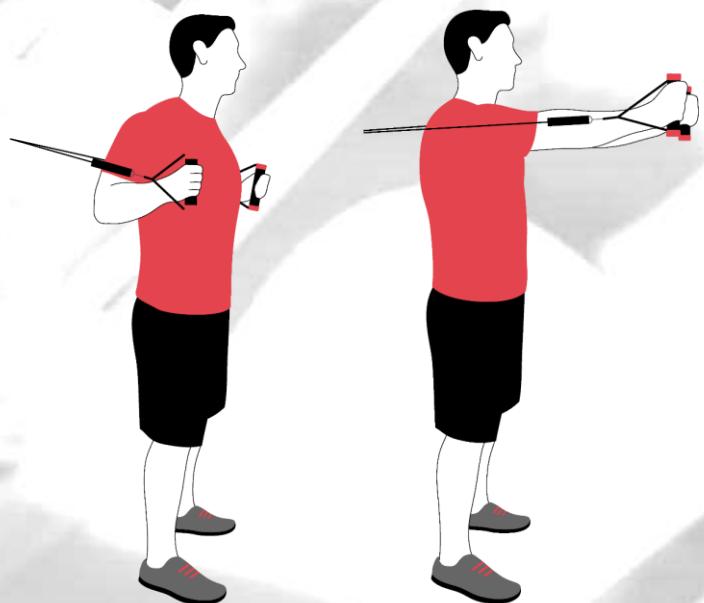
Inclined Band Chest Press

- Secure the band low behind you and grasp both handles with your hands near your shoulders, palms facing down.
- Push the handles forward and up until your arms are extended and allow it to slowly return after a short pause.
- Keep your feet solidly in place throughout.



Band Chest Press

- 
- Secure the band at medium height behind you and grasp both handles with your hands near your shoulders, palms facing down.
 - Push the handles straight forward until your arms are extended and parallel to the floor and allow them to slowly return after a short pause.
 - Keep your feet solidly in place throughout.



Single-Arm Band Chest Fly

- 
- Secure the band at medium height on your side and grasp one handle with your hand, arm extended out at shoulder height, palm facing forward.
 - Pull the handle in until it is in front of your chest and allow it to slowly return after a short pause.
 - Keep your arm extended (or close to it) throughout.

Band Exercises - Chest (II/IV)



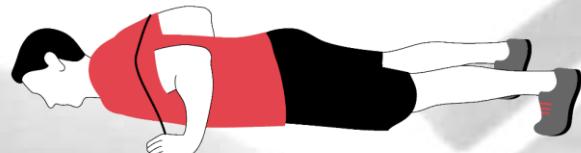
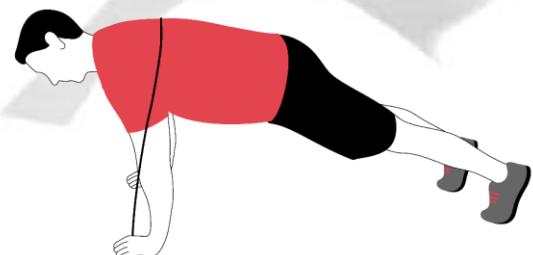
Arm Flys

- Attach the handles to each side of the band and secure the band at medium height. Face away from the door anchor, you stand upright in a staggered stance and spread your arms.
- Then contract your pecs hard and bring your hands together, keeping your elbows extended throughout the movement.
- Hold for a second and then slowly return to the starting position.



Resisted Push-Up

- Wrap the band around your shoulder girdle and hold the ends with your hands. Then lie on the floor face down while holding your torso up at arms length.
- Next, lower yourself downward until your chest almost touches the floor. Then press your upper body back up to the starting position while squeezing your chest.
- After a brief pause at the top contracted position, you can begin to lower yourself downward again.



Bench Press

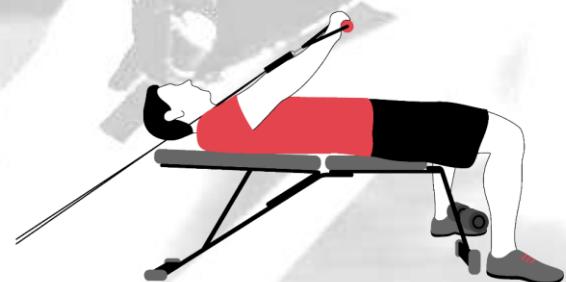
- Lie back on a flat bench. Secure the band underneath your bench and grasp the handles. Start from a position where the handles are touching the sides of your middle chest.
- Then push the handles upward until your arms are fully stretched. Hold for a second and then go back to the starting position. Ideally, lowering your arms should take about twice as long as raising them.



Band Exercises - Chest (III/IV)

Band Pullover

- Lie back on a flat bench and secure the band at low height using the door anchor. Grasp the handles and hold it with a bend in your arms behind your head.
- From this position, slowly move your stretched arms forwards until they are approximately at a 45 degree angle to the floor.
- Hold this position for a second and then return to the starting position.



Seated Bench Press

- Secure the band at medium height and grasp the handles. Start from a position where the handles are touching the sides of your middle chest.
- Then push the handles forwards until your arms are fully stretched and parallel to the floor. Hold for a second and then go back to the starting position. Ideally lowering your arms should take about twice as long as raising them.



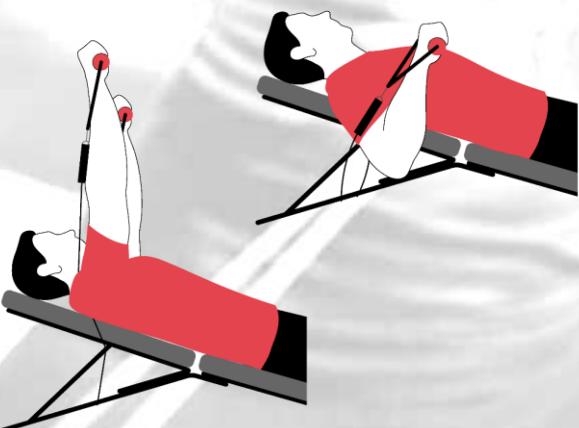
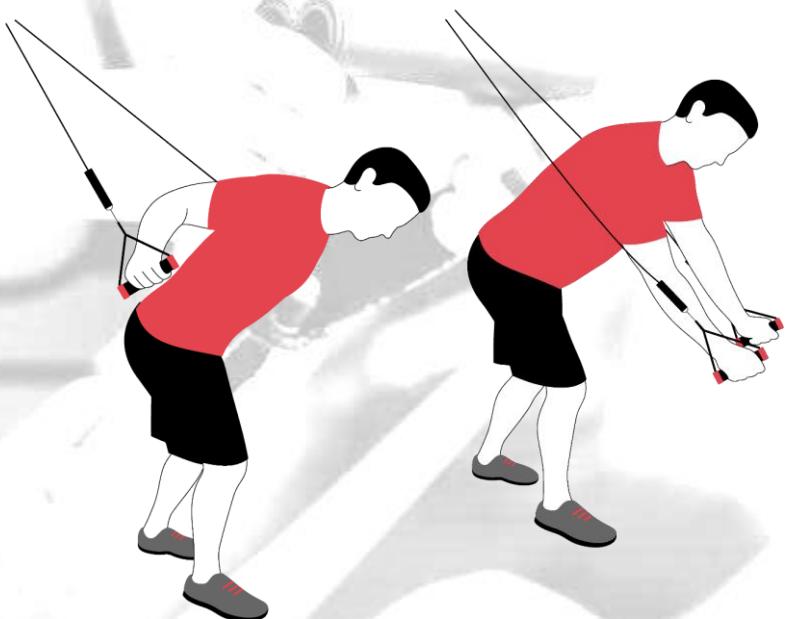
Diagonal Single-Arm Band Chest Fly

- Secure the band low on your side and grasp one handle with your hand, arm extended out at high height, palm facing forward.
- Pull the handle in until it is in front of your chest and allow it to slowly return after a short pause.
- Keep your arm extended (or close to it) throughout.

Band Exercises - Chest (IV/IV)

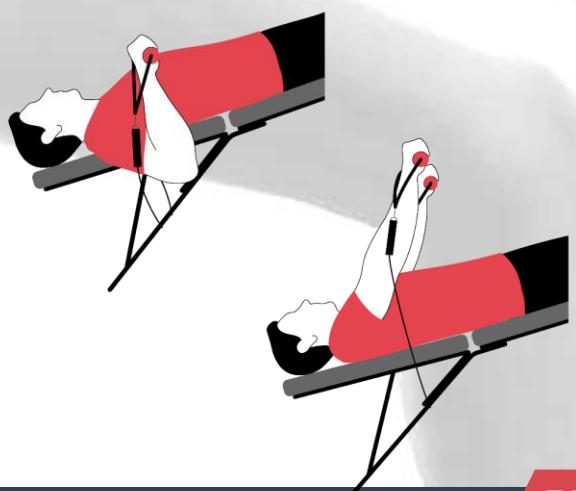
Crossovers

- Attach the handles to each side of the band and secure the band high. Face away from the door anchor, you stand upright in a staggered stance. Spread your arms and slightly lean your upper body forward.
- Then contract your pecs hard and bring your hands together, keeping your elbows extended throughout the movement.
- Hold for a second and then slowly return to the starting position.



Inclined Bench Press

- Lie back on an inclined bench. Secure the band underneath your bench and grasp the handles. Start from a position where the handles are touching the sides of your middle chest.
- Then push the handles upward until your arms are fully stretched. Hold for a second and then go back to the starting position. Ideally, lowering your arms should take about twice as long as raising them.



Declined Bench Press

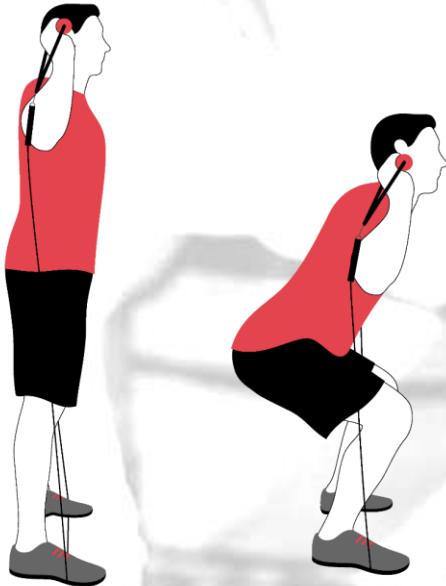
- Lie back on an declined bench. Secure the band underneath your bench and grasp the handles. Start from a position, where the handles are touching the sides of your middle chest.
- Then push the handles upward until your arms are fully stretched. Hold for a second and then go back to the starting position. Ideally, lowering your arms should take about twice as long as raising them.



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with every heartbeat

**DON'T COMPARE YOURSELF TO OTHERS.
COMPARE YOURSELF TO THE
PERSON FROM YESTERDAY.**

Band Exercises - Legs (I/IV)



Band Squat



- Secure the band underneath your feet, crouch down and hold the handles with your hands on each side of your shoulders, palms facing forward.
- Push yourself up by extending your legs and allow yourself slowly back down after a short pause.
- Keep your feet solidly in place throughout.

Band Bridge Butt Lift

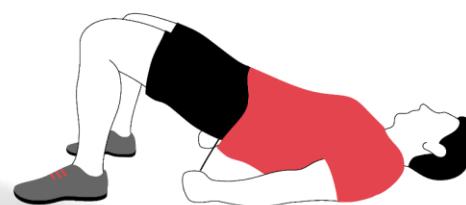
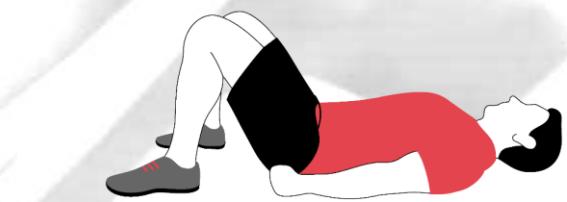
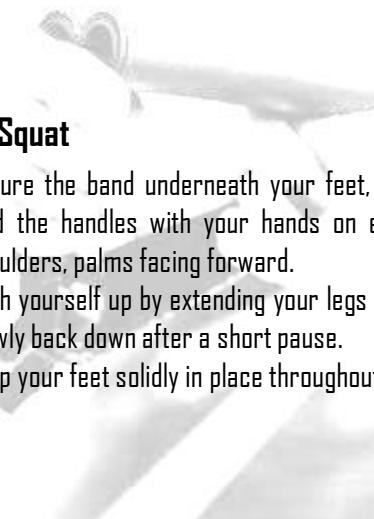
- Begin by lying down on a mat on the floor.
- Place your hands on your sides, preferably palms down while at the same time fixing the band onto your pelvis.
- Press your heels into the ground and squeeze your butt as you lift up your hips.
- Hold for a few seconds while squeezing your gluteus and lower yourself back down to the floor and repeat.
- Pay attention to the feelings along your spine and lower back: this exercise should not hurt or cause cramping.



Single Leg Press



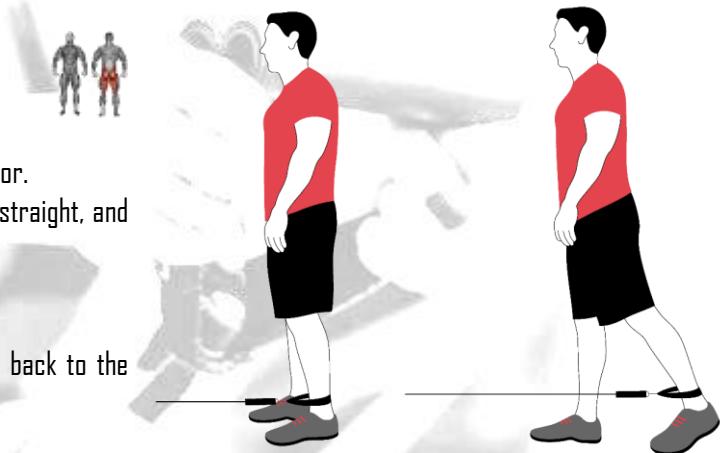
- Sit on a bench or chair with one leg at right angle standing on the floor, the other one being stretched and parallel to the floor. Secure the band to the ball of your foot - hold both handles with your hands close to your torso. The leg with the band is at a right angle.
- Execute the movement by extending the knee until your leg is parallel to the floor and fully stretched. Hold for a second and then return to initial position.



Band Exercises - Legs (II/V)

Band Butt Lift

- Secure the band low.
- Fix the band on one leg with you facing the door anchor.
- Put all the weight in your other leg, keep both legs straight, and lift your leg directly behind you.
- Let your gluteus do all the work.
- Engage your abs to help you stay balanced.
- Hold it for a few seconds and then lower your leg back to the other one. Then lift it back up behind you again.

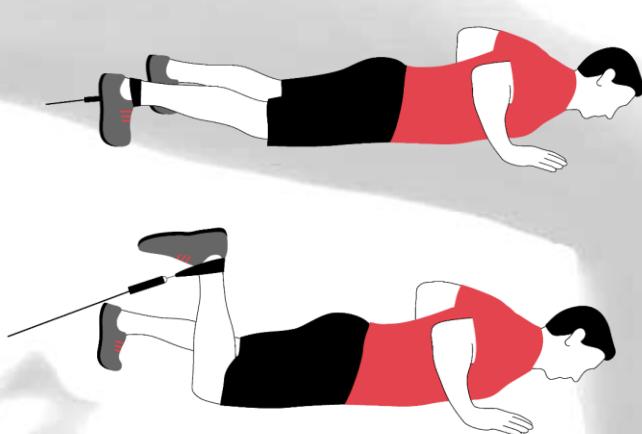


Band Stationary Lunge

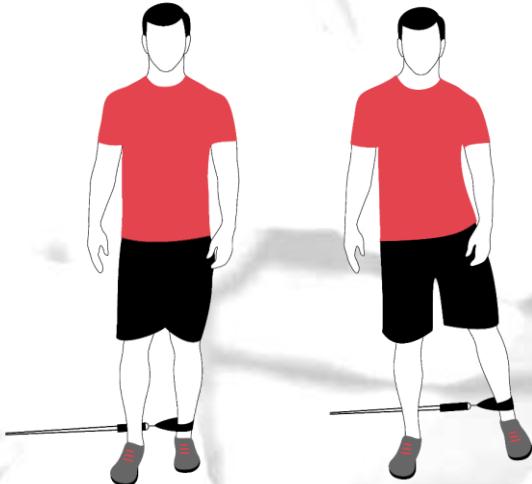
- Secure the band underneath one foot that is forward and crouch down with your other foot in line but behind and hold the handles with your hands on top of your shoulders, palms facing forward.
- Push yourself up by extending your legs and allow yourself slowly back down after a short pause.
- Keep your feet solidly in place throughout.

Band Hamstring Curls

- Secure the band low. Fix the band on one leg and lie face down on the floor.
- Curl your leg up as far as possible without lifting the upper leg from the floor. Once you hit the fully contracted position, hold it for a few seconds.
- Bring the leg back to the initial position.

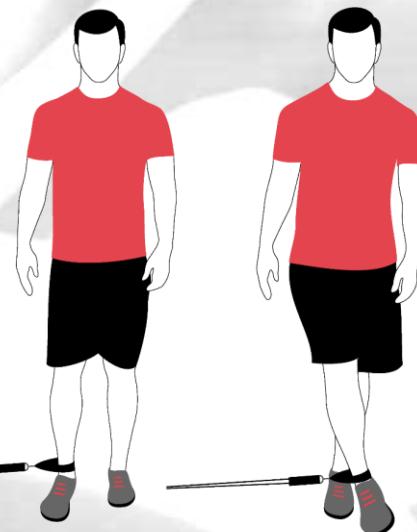


Band Exercises - Legs (III/V)



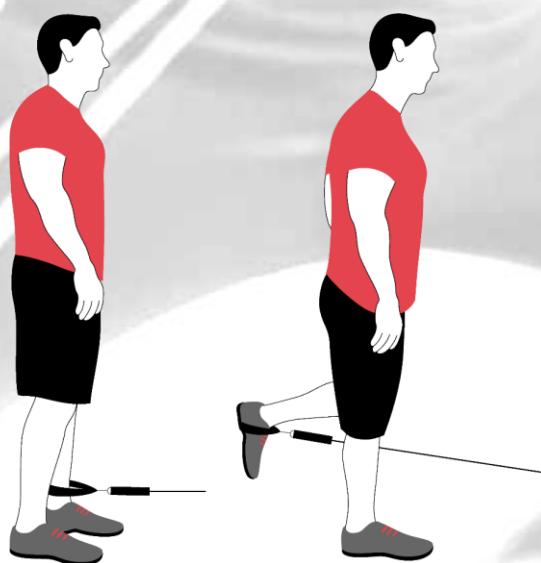
Hip Abduction

- Fix the band low on your side on one. Put all the weight to the other leg.
- Slowly move your leg outwards keeping the rest of your body still.
- Hold and squeeze your glutes for a second or two, then release back to the resting position.
- Make sure your torso is stationary all the time.



Hip Adduction

- Fix the band low on your side on the one leg being closer to the door anchor. Put all the weight to the other leg and slowly move your leg past the other one.
- Engage your abs to help you stay balanced.
- Hold it for a few seconds and then slowly return.



Standing Leg Curls

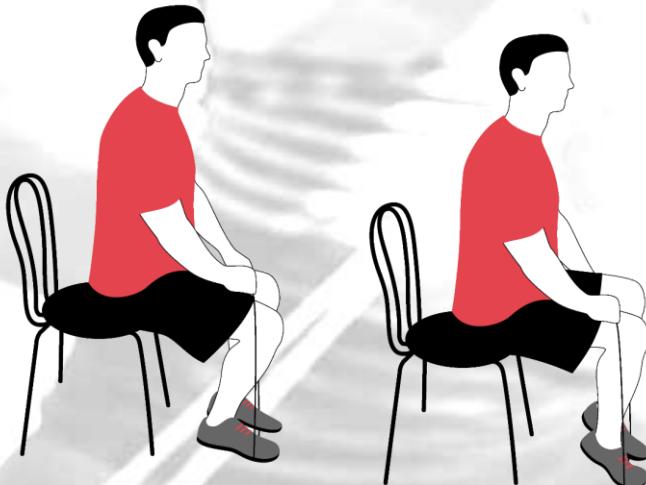
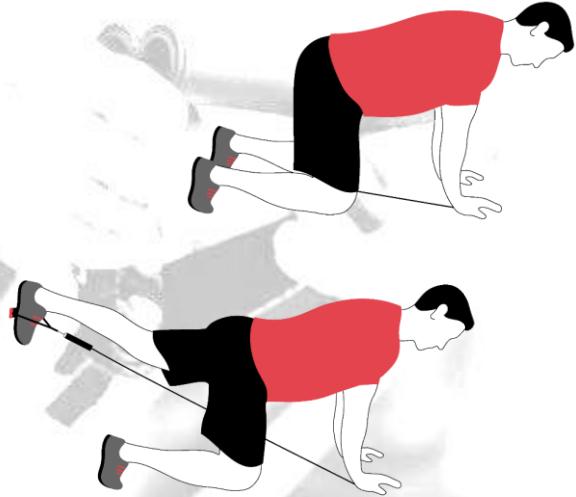
- Fix the band low with a door anchor. Then attach your leg to the band by using your ankle strap. The foot attached is slightly off the floor.
- Pull the band back by fully flexing your knee. Hold for a second and then slowly return by straightening your knee to the original position.
- Make sure your torso is stationary all the time.



Band Exercises - Legs (IV/V)

Glute Press

- Secure the band to your foot, kneel on your other side's knee and grasp the handle with the other side's hand.
- Stretch the band by extending your leg until it is parallel to the floor and slowly return back to the starting position after a short pause.
- Keep your back straight throughout.



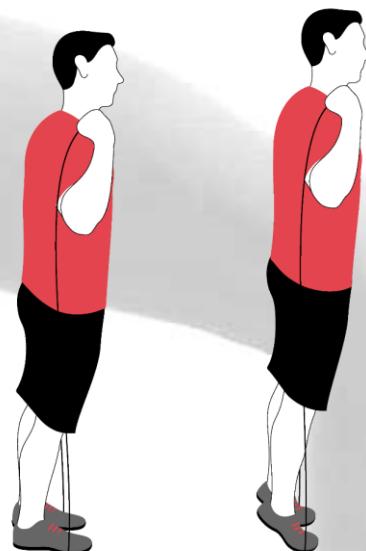
Seated Calf Raise

- Sit on a bench or chair and secure the band underneath your feet. Fix both ends of your band to your knees – alternatively you can also hold it with your hands.
- Now stretch the band by pushing your heels up with the balls of your feet – hold for a second.
- Slowly lower the heels to the starting position.

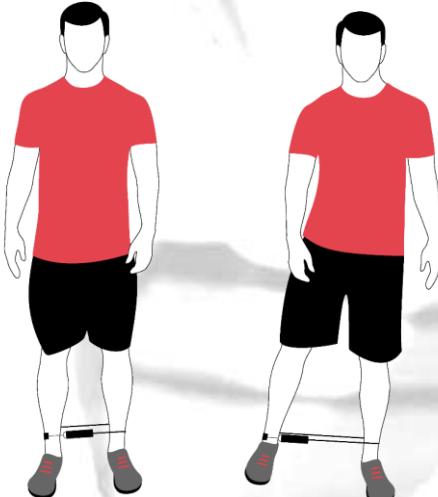


Standing Calf Raise

- Secure the band underneath your feet. Grasp the handles of your band and keep your angled arms at shoulder height.
- Raise your heels by extending your ankles as high as possible and flexing your calf. Ensure that the knee is kept stationary at all times.
- Hold the contracted position for a second before you start to go back down.



Band Exercises - Legs (V/V)



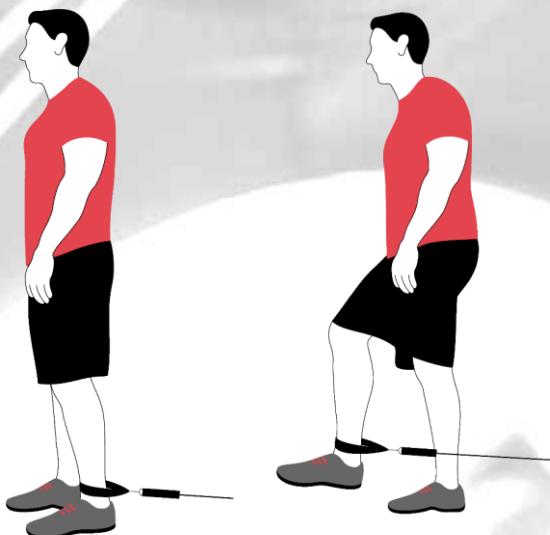
O-Tube Abduction

- Wrap the band around your legs. Put all the weight to one leg.
- Slowly move the other leg outwards keeping the rest of your body still.
- Hold and squeeze your glutes for a second or two, then release back to the resting position.
- Make sure your torso is stationary all the time.



Seated Calf Press

- Sit on a bench or chair with one leg at right angle standing on the floor, the other one being stretched and parallel to the floor. Secure the band to the ball of your foot - hold both handles with your hands close to your torso.
- Execute the movement by pressing downwards through the ball of your feet as far as possible.
- After a brief pause, reverse the motion and repeat.



Hip Flexion

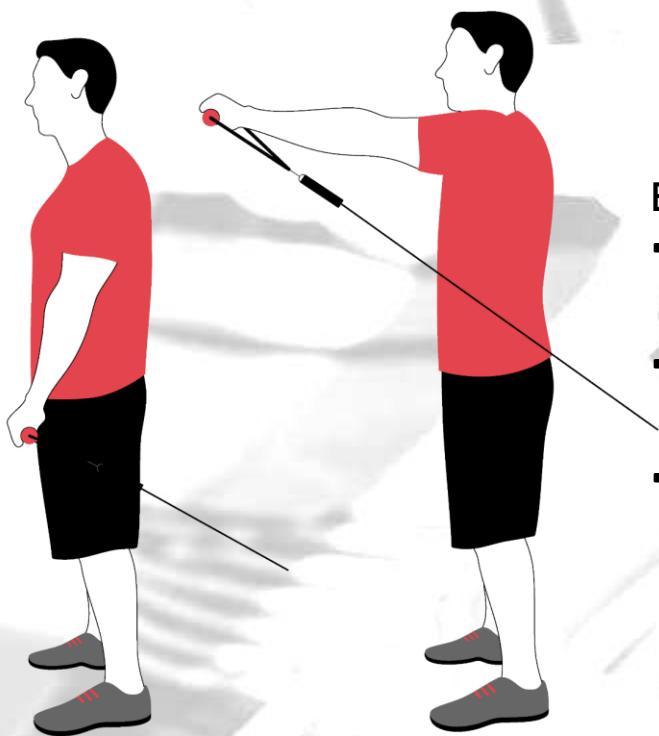
- Fix the band on one leg with you facing the opposite direction of the door anchor.
- Put all the weight in your other leg, and slowly lift your leg to the front.
- Engage your abs to help you stay balanced.
- Hold it for a few seconds and then lower your leg back to the other one.



A black and white photograph of a muscular torso, showing the pectoral muscles and abdominal area, serving as the background for the text.

**NOBODY SAID THAT IT'D BE EASY.
THEY JUST PROMISED IT WOULD BE
WORTH IT.**

Band Exercises - Shoulder (I/IV)



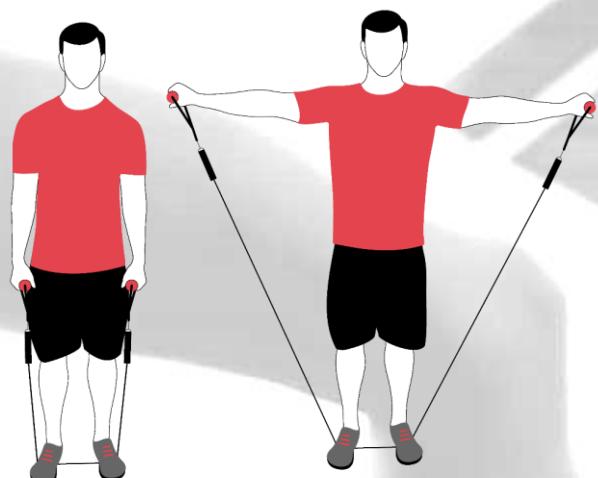
Band Front Deltoid Raise

- Secure the band low behind you and grasp the handles with your hands on each sides of your thighs, palms facing backwards.
- Pull the handles up until your arms are parallel to the floor and allow them to slowly return after a short pause.
- Keep your arms extended (or close to it) throughout.



Band Lateral Deltoid Raise

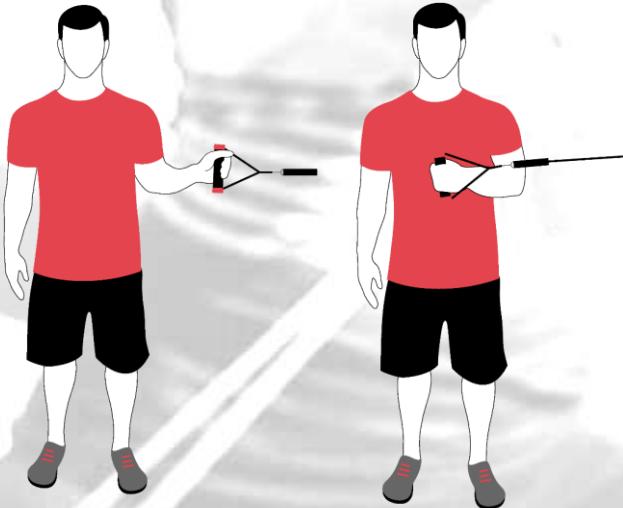
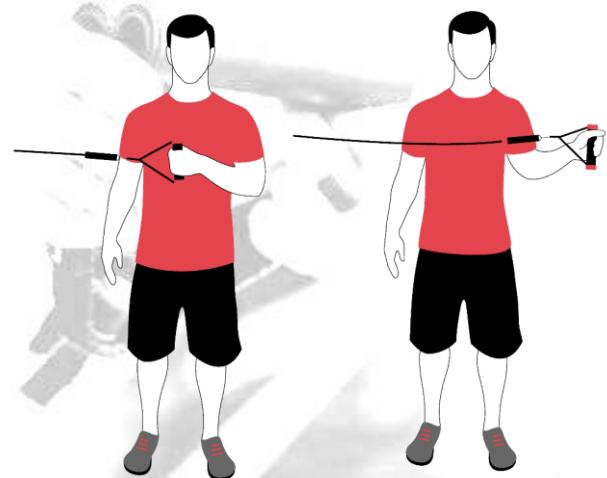
- Secure the band underneath your feet and grasp the handles with your hands on each sides of your thighs, palms facing each other.
- Pull the handles out and up until your arms are parallel to the floor and allow them to slowly return after a short pause.
- Keep your arms extended (or close to it) throughout.



Band Exercises - Shoulder (II/IV)

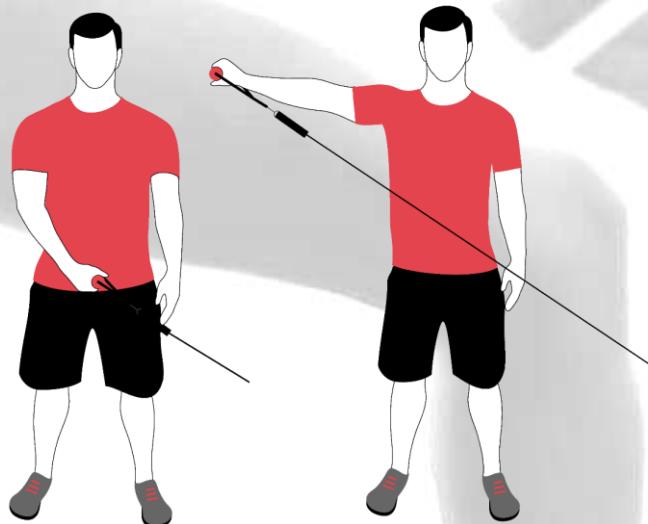
Band Shoulder External Rotation

- Secure the band at medium height on your side and grasp the handle with the hand furthest from it in front of you, upper arm pressed against your abdomen and elbow bent.
- Pull the handle out away from your abdomen and allow it to slowly return after a short pause.
- Keep your upper arm and the angle in your elbow still throughout.



Band Shoulder Internal Rotation

- Secure the band at medium height on your side and grasp the handle with the hand closest to it in front of you, upper arm pressed against your abdomen and elbow bent.
- Pull the handle in towards your abdomen and allow it to slowly return after a short pause.
- Keep your upper arm pressed against your abdomen and elbow bent throughout.

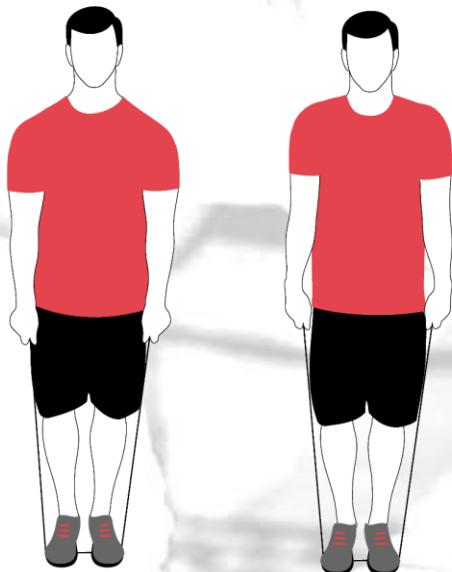


Single-Arm Band Lateral Deltoid Raise

- Secure the band low on your side and grasp one handle with the hand furthest from it in front of your thighs, palm facing in.
- Pull the handle out and up until your arm is parallel to the floor and allow it to slowly return after a short pause.
- Keep your arm extended (or close to it) throughout.

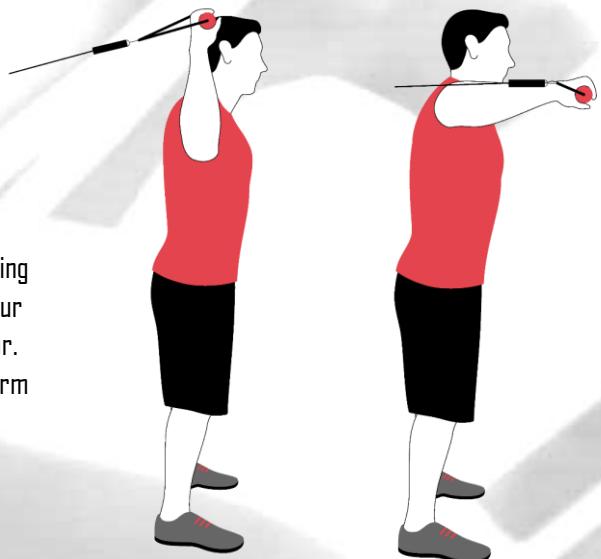


Band Exercises - Shoulder (III/IV)



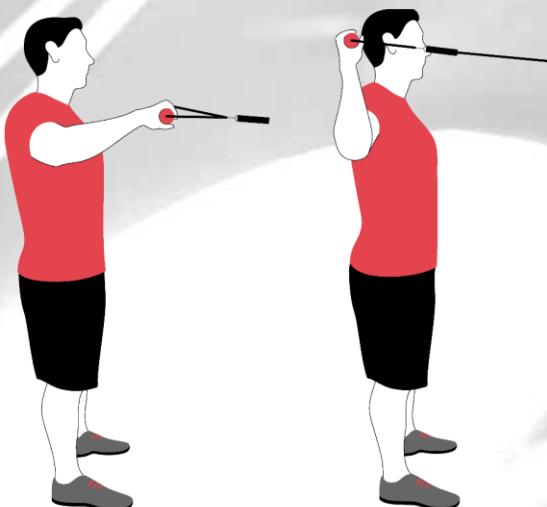
Shrugs

- Secure the band underneath your feet. Stand with your knees slightly bent and grasp the 2 handles of your resistance band – palms facing in.
- Now, with your arms straight by your sides, raise your shoulders as high as you can keeping your arms close to your sides.
- Hold for a few seconds contracting your trapezius, then release back down.



Overhead Internal Rotation

- Secure the band at medium height, your back facing the door anchor. Grasp one handle with one hand and hold your elbow at a right angle – your upper arm is parallel to the floor.
- While keeping your torso stationary, slowly tilt your lower arm forward until it is parallel to the floor.
- Hold for a second and then return to the starting position.

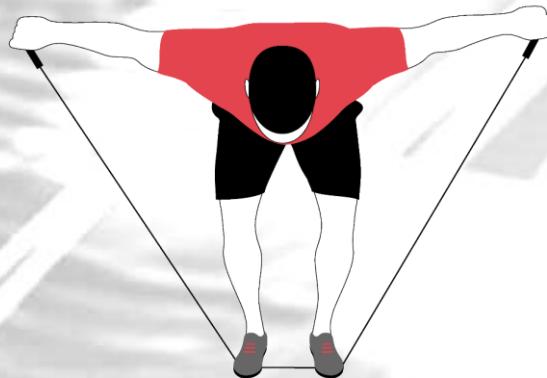


Overhead External Rotation

- Secure the band at medium height, your face facing the door anchor. Grasp one handle with one hand and hold your elbow at a right angle – both, your upper arm and your lower arm are parallel to the floor.
- While keeping your torso stationary, slowly lift your lower arm upwards until it is vertical to the floor.
- Hold for a second and then return to the starting position.

Upright Rows

- Secure the band underneath your feet. Grasp both handles of your band – palms facing backwards. Now, with your arms straight by your sides, use the sides of your shoulders, raising your elbows up and to the side.
- Remember to keep your torso stationary and pause for a second at the top of the movement – then slowly go back to starting position.



Band Rear Deltoid Raise

- Secure the band low on your side and grasp one handle with the hand furthest from it in front of your thighs, palm facing you.
- With your upper body bent forward, pull the handle out and up until your hand reaches your head level and allow it to slowly return after a short pause.
- Keep your arm extended (or close to it) throughout.

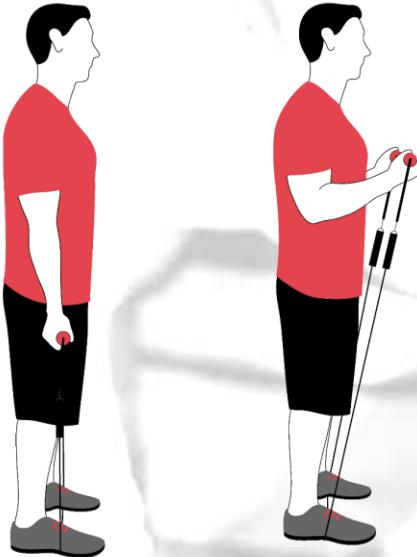


be maxx
with every heartbeat

BELIEVE YOU CAN
AND YOU ARE
HALFWAY THERE

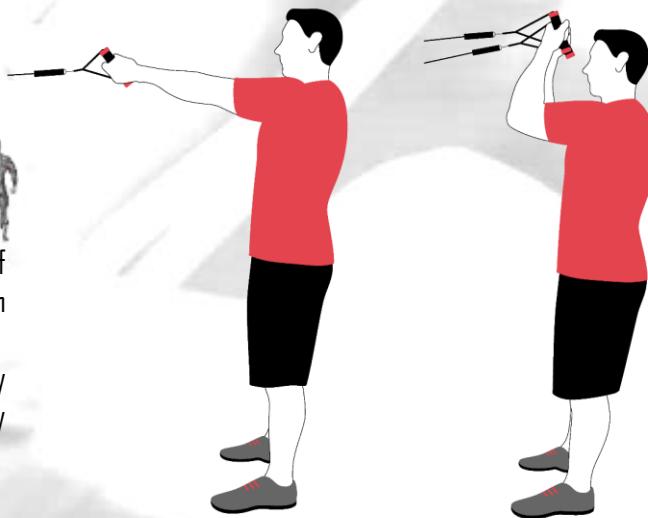


Band Exercises - Arms (I/IV)



Band Biceps Curls

- Secure the band underneath your feet and grasp the handles with your hands in front of your thighs, arms extended and palms facing up.
- Pull the handles towards your shoulders by curling your elbows and allow them to slowly return after a short pause.
- Keep your upper arms immobile throughout.



Band Biceps Preacher Curls

- Secure the band at medium height in front of you and hold the handles with your hands in front of your abdomen, arms extended.
- Pull the handles towards your shoulders by curling your elbows and allow them to slowly return after a short pause.
- Keep your upper arms immobile throughout.



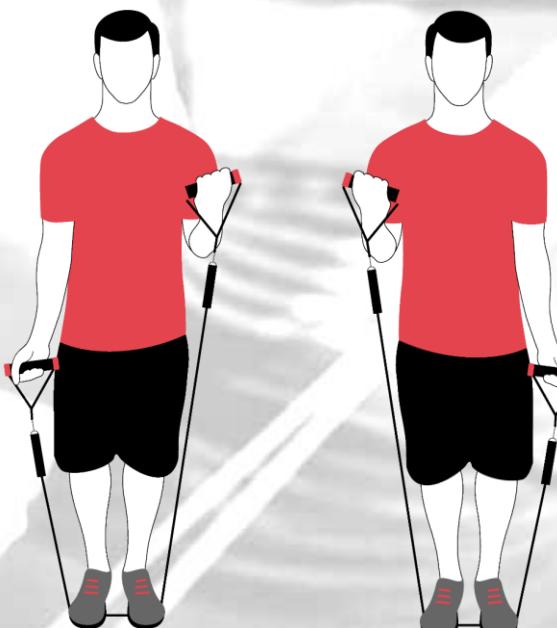
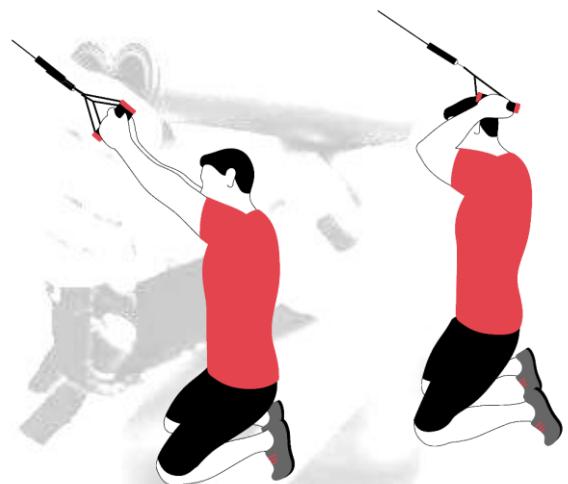
Concentration Curls

- Sit on a bench, secure the band underneath your foot and hold the handle with your hand, palm facing the opposite leg and elbow resting on the inner side of your knee.
- Pull the handle up contracting your biceps and allow it to slowly return after a short pause.
- Keep your upper arm immobile throughout.

Band Exercises – Arms (II/IV)

Overhead Arm Curls

- Secure the band high, get on your knees facing the wall / door and grasp both handles above your head - palms facing backwards.
- Now, contract your biceps only and make sure your upper arm is immobile throughout.
- Then allow it to slowly return after a short pause.



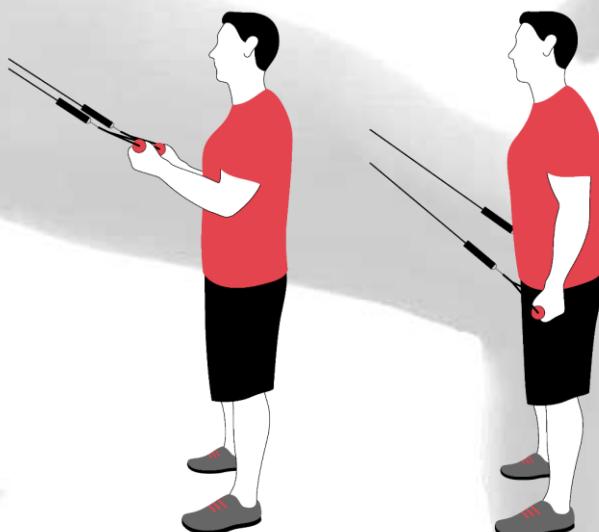
Alternate Arm Curls

- Secure the band underneath your feet and grasp the handles with your hands in front of your thighs, arms extended and palms forward.
- Alternatively, contract one arm's biceps and keep your upper arms immobile throughout. Return slowly after a short pause – while at the same time contracting the other arms biceps.
- Engage your abs to help you stay balanced.

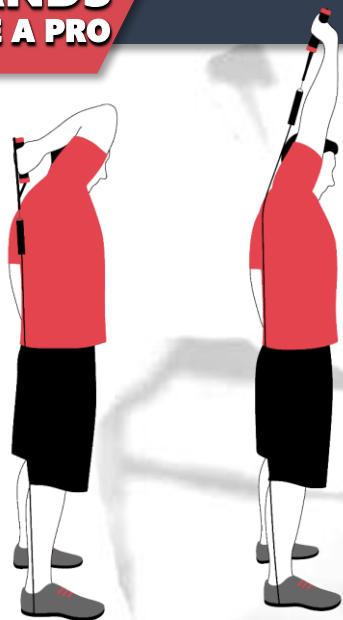


Triceps Pushdown

- Secure the band high in front of you and hold the handles with your hands in front of your abdomen, palms facing forwards, elbows bent at 90 degree angles.
- Pull the handles down by extending your arms completely and allow them to slowly return after a short pause.
- Keep your upper arms immobile throughout.



Band Exercises – Arms (III/IV)



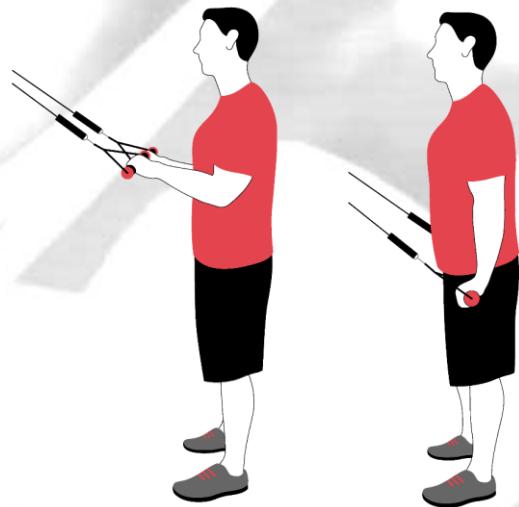
Band Triceps Extension

- Secure the band low behind you and hold the handles with your hands behind your head, palms facing each other, elbows bent at 90 degree and upper arms straight up.
- Pull the handles up by extending your arms completely and allow them to slowly return after a short pause.
- Keep your upper arms immobile throughout.



Band Triceps Pushdown

- Secure the band high in front of you and hold the handles with your hands in front of your abdomen, palms facing to the back, elbows bent at 90 degree angles.
- Pull the handles down by extending your arms completely and allow them to slowly return after a short pause.
- Keep your upper arms immobile throughout.



Lying Triceps Extension

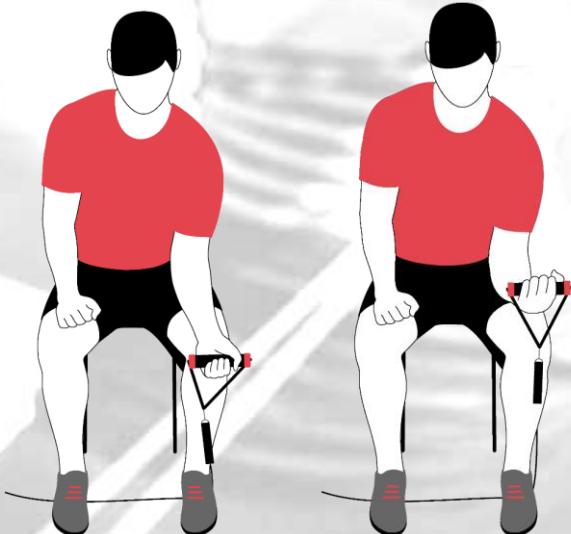
- Lie on your back on a bench. Secure the band beneath you and grasp the handles with your hands facing to the front. Slowly lower your lower arms – keep your upper arms immobile throughout. After a short pause, pull the handles up by extending your arms completely.
- Keep your upper arms immobile throughout.



Band Exercises – Arms (IV/IV)

Single-Arm Triceps Pushdown

- Secure the band high in front of you and hold one handle with your hand in front of your abdomen, palms facing to the back, elbow bent at a 90 degree angle.
- Pull the handle down by extending your arm completely and allow it to slowly return after a short pause.
- Keep your upper arm immobile throughout.



Band Wrist Curls

- Sit on a bench, secure the band underneath your foot and hold the handle with your hand above your knee, palm facing up and elbow resting on top of your thigh.
- Pull the handle up by curling your wrist and allow it to slowly return after a short pause.
- Keep your forearm immobile throughout.



Band Wrist Extension

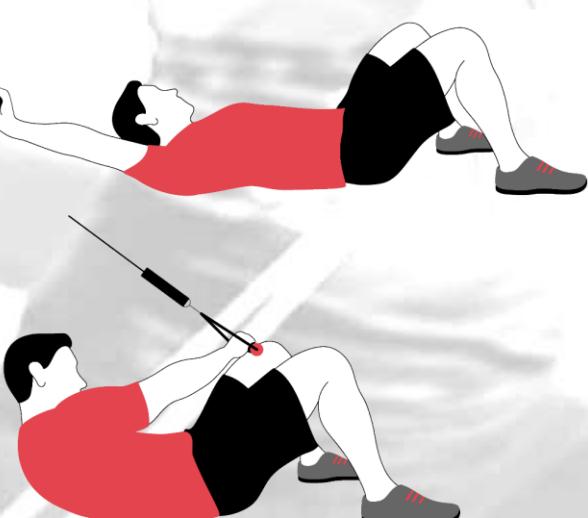
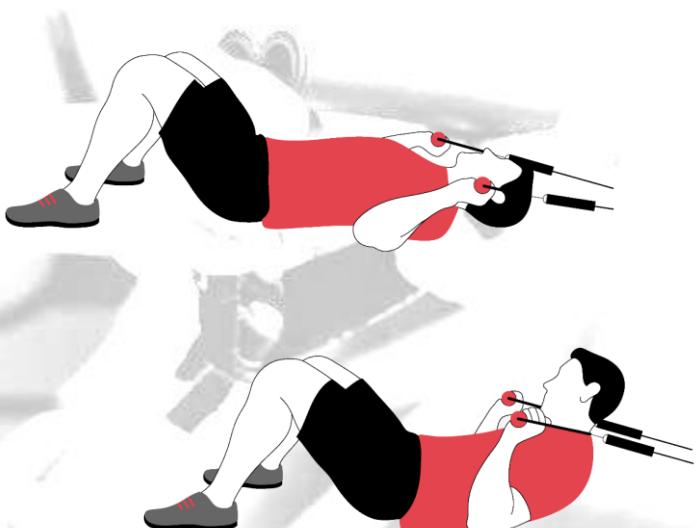
- Sit on a bench, secure the band underneath your foot and hold the handle with your hand above your knee, palm facing down and elbow resting on top of your thigh.
- Pull the handle up by extending your wrist and allow it to slowly return after a short pause.
- Keep your forearm immobile throughout.



Band Exercises - Abdomen (I/IV)

Band Crunch

- Secure the band low, lie down on your back and hold the handles with your arms above your chest.
- Roll your shoulder blades up from the floor while stretching the band and slowly lower yourself back down after a short pause.

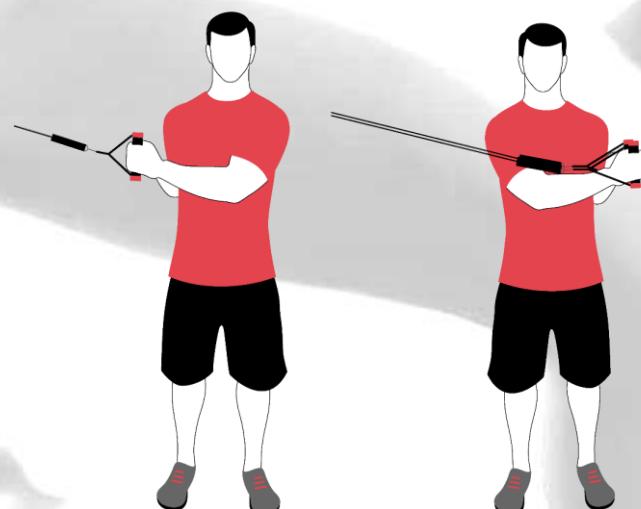


Band Twisting Crunch

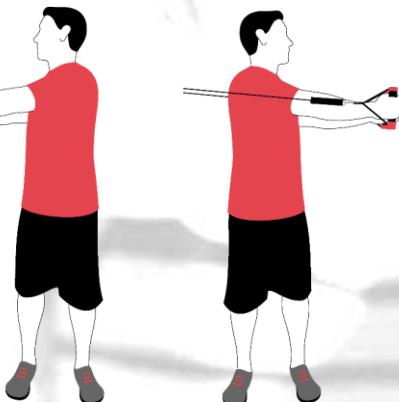
- Secure the band low, lie down on your back and hold one handle with your hand on the same side, on top of your belly, palm facing up.
- Roll your shoulder blade up from the floor while stretching the band towards your other side and slowly lower yourself back down after a short pause.
- Keep your arm extended throughout.

Band Trunk Rotation

- Secure the band at medium height, stand up and grasp both handles with your hands in front of your abdomen, elbows at 90 degree angles.
- Rotate your upper body towards your left and slowly return to your starting position before going to the right side and returning.
- Keep the angles in your elbows constant throughout.



Band Exercises - Abdomen (II/IV)



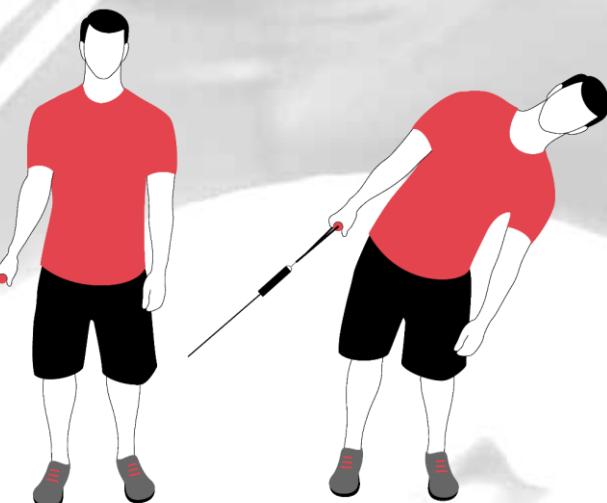
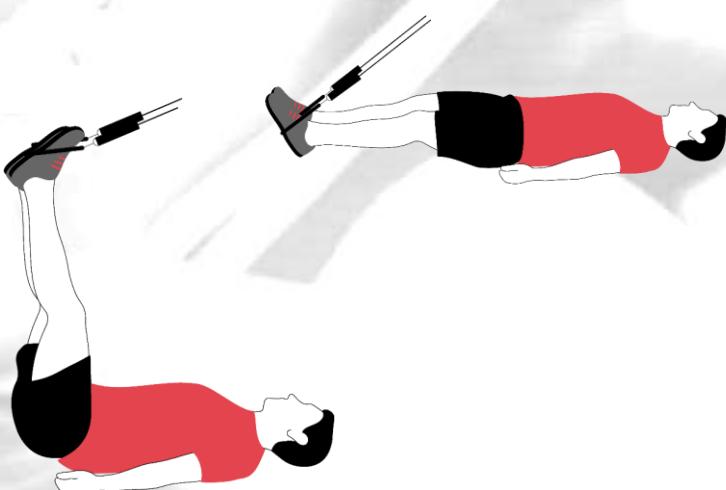
Straight-Arm Band Trunk Rotation

- Secure the band at medium height, stand up and grasp both handles with your hands, arms extended out in front of your abdomen.
- Rotate your upper body towards your left and slowly return to your starting position before going to the right side and returning.
- Keep your arms extended in front of you throughout.



Lying Band Leg Raise

- Secure the band at low height, lie with your back on the floor the band being fixed on your legs.
- Keep your legs extended, as straight as possible, and raise your legs until they have a 90-degree angle to the floor.
- Then slowly lower your legs back down to the starting position.



Side Bends

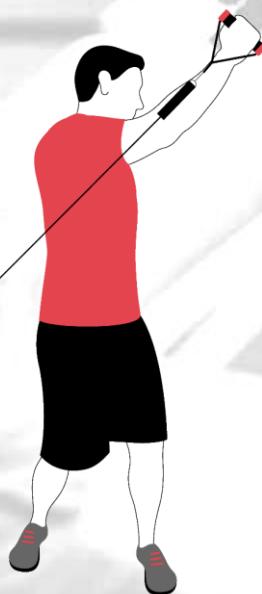
- Secure band at low height, stand up straight while holding one handle with one hand - palms facing the torso. Feet should be placed at shoulder width.
- While keeping your head up, bend only at the waist to the right as far as possible. Then hold for a second and come back up to the starting position as you exhale.
- Now repeat the movement but bending to the left instead. Hold for a second and come back to the starting position.
- Always, keep the rest of the body stationary.



Band Exercises - Abdomen (III/IV)

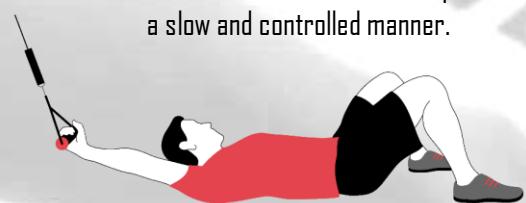
Overhead Crunch

- Secure the band high, get on your knees with your back facing the door anchor. Grasp the handles and lower them until they are close to your head.
- Flex your hips slightly and allow the weight to hyperextend the lower back. With the hips stationary, flex the waist as you contract the abs so that the elbows travel towards the floor – short pause and then slowly return to the starting position.



Wood Chops

- Secure the band low. With your side to the door anchor, grab the handle with one hand. Your outstretched arms should be aligned with the resistance tube with your feet positioned shoulder width apart.
- In one motion, pull the handle up and across your body while rotating your torso.
- Hold for a second and then slowly return to the starting position.
- Maintain your stance and straight arms. Return to the neutral position in a slow and controlled manner.



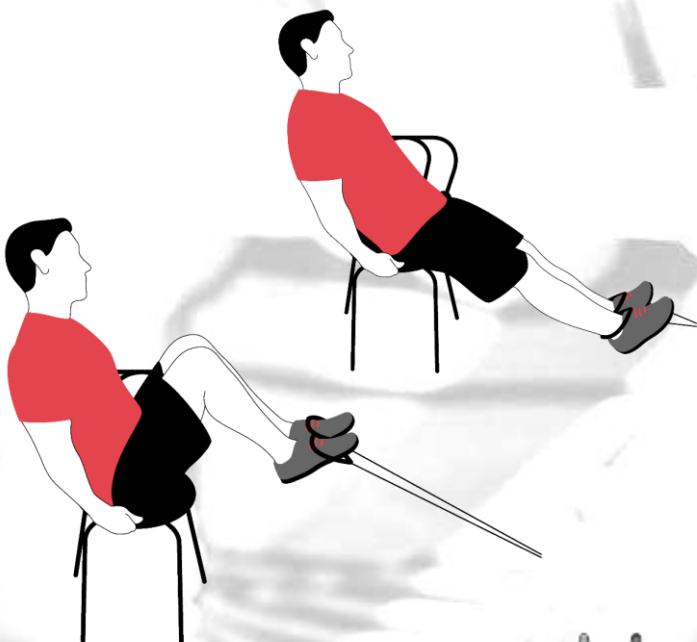
Band Twisting Crunch



- Secure the band low, lie down on your back and hold one handle with your hand on the same side, on top of your belly, palm facing down.
- Roll your shoulder blade up from the floor while stretching the band towards your other side and slowly lower yourself back down after a short pause.
- Keep your arm extended throughout.



Band Exercises - Abdomen (IV/IV)



Seated Leg Raise

- Secure the band at low height and use your ankle straps to attach it to your legs. Sit on the edge of a bench or chair, balancing with your legs out in front of you. Use your hands for support and to keep your back flat.
- As you keep your legs extended, slowly raise your legs.
- Hold the contraction for a second and then return to starting position.

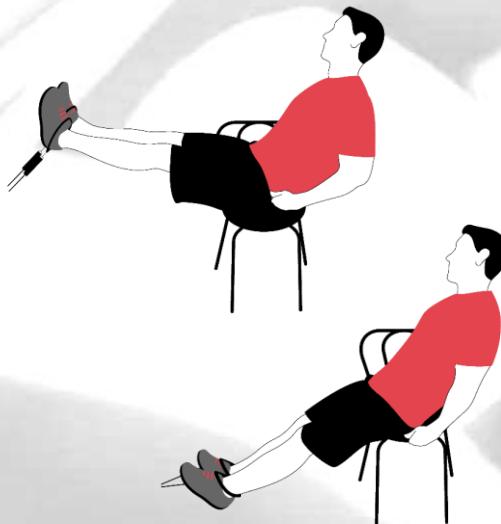


Twisting Overhead Crunch

- Secure the band high, kneel down on the floor and hold one handle with your hand near its shoulder, elbow bent.
- Tilt your upper body forward and rotate it while stretching the band towards your other side's knee and slowly raise yourself back up after a short pause.
- Keep the angle in your elbow constant throughout.

Leg Tucks

- Secure the band at low height and use your ankle straps to attach it to your legs. Sit on the edge of a bench or chair, balancing with your legs out in front of you. Use your hands for support and to keep your back flat.
- Now, slowly move your knees towards your chest.
- Hold contraction for a few seconds, then slowly return to starting position and repeat.



Generally speaking, strength and fitness training concepts can be divided into full body and split trainings: **Full body workouts** aim at training all muscles in a single session. Consequently, when working out 2-3 times a week, all your muscles will be trained 2-3 times. This training form is usually recommended for beginners, but also experienced sportsmen and bodybuilders use this method every now and then to stimulate muscles in a particular way – different from their regular training routine.

At a certain fitness level, full body workouts are not sufficient anymore to achieve further progress and move forward as it would require certain muscle groups to be trained with several different exercises, which would translate into very long training sessions. Also, experts recommend having sessions of a **maximum of 60 minutes** when it comes to strength training. After that, increasing levels of the stress hormone Cortisol can be observed, which negatively affects training effects.

The solution for this dilemma can be found by using **split trainings**:

Until today it is controversial where the concept of split training comes from and who exactly invented it: On the one hand, Arnold Schwarzenegger claims in his first biography "Education of a Bodybuilder" (1977) that he invented this concept during his time at the military. On the other hand, Vince Gironda affirms that he already used a form of split training much earlier. In any case, the concept of split training has prevailed in the modern fitness industry as it has proven to be an adequate form of training for the following reasons:

- Big muscle groups can move a higher level of resistance but in return do also need more time to recover.
- If one wants to target specific muscle groups, it is advisable to complete a large number of different exercises for this muscle group, which results in a very long time to finish a workout session.
- The more muscles have been stimulated in a single session, the higher is also the strain to the central nervous system: As a consequence, with increasing numbers of exercises performed also the motivation decreases drastically.

Generally speaking, the number of splits does not say anything about the training progress of an athlete. Nevertheless, beginners usually will be advised not to split or only perform a 2-day split, as they usually move lower weights anyway, resulting in shorter times to recover. It may also be added that a higher level of splitting does not automatically translate into better results than a lower level or even no splitting.

Who benefits the most from a **full body training program**?

Everyone who rarely and infrequently finds time to workout. Also, it is useful for everyone who manages only a maximum of 2-3 training sessions per week and who has not been working out for more than a year. Full body training programs cause a comparatively high level of calorie burning and furthermore help to increase basic strength and inter-muscular coordination.

Who benefits the most from a **2-day split** training?

Everyone who is able to train the major muscle groups twice a week. Basic exercises will be the main focus, which is why this training form does not perfectly fit when trying to eliminate muscular inequalities.

Mon	upper body
Tue	lower body
Wed	-
Thu	upper body
Fri	lower body
Sat/Sun	-

On the left, you see an exemplary training plan for a 2-day split: as shown, this allows you to train all major muscle groups twice a week.

Who benefits the most from a **3-day split** training?

Everyone who is at an advanced fitness stage already and who attaches great importance to fitness and strength training.

Mon	chest, back
Tue	-
Wed	shoulders, neck, arms
Thu	-
Fri	legs, abdomen
Sat/Sun	-

On the left, you see an exemplary training plan for a 2-day split: as shown, this allows you to train all your major muscle groups twice a week.

Who benefits the most from a **4-day, 5-day or even higher split** training?

Everyone who is already or close to becoming a professional athlete. Because of that, a 4-day or even higher split will not be covered in this guide.



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I MAY LOOK CUTE
BUT I TRAIN
LIKE A BEAST

Women and strength training (I/II)

Should women train differently from men?

In today's world of sports, there is a widely-held notion that women should train differently from men: lighter weights and a higher number of reps so that they don't risk building a huge, masculine physique. It's time for us to do away with these stubborn myths:

Myth number 1: Strength training makes women pack on slabs of muscle

One of the greatest fears women have is of building huge muscles through strength training and ending up with a masculine physique. Before you start thinking about gaining 'man-like' muscles as a woman, you have to take a look behind the scenes and look at the differences between men and women. It is clear that men and women are equally capable of gaining muscle. The big difference is in the amount of muscle they are capable of putting on and this is caused by sex hormones and their effect on muscle building. In men, testosterone is the predominant sex hormone (10-20x more than women). This hormone promotes anabolic processes in muscle metabolism and is the reason why men have significantly more muscle mass than women. The sex hormone that predominates in women has much less of an anabolic effect and this limits women's potential to build muscle. What you often see in the bodybuilding scene is in most cases the result of anabolic steroid use.

A recent study by the University of California also showed that for men, strength training deactivates the messenger myostatin, which inhibits muscle growth in humans. In women, no inhibition was found, meaning that muscle growth in women is permanently inhibited.

Conclusion: women are not predisposed to become mountains of muscle. This means men and women can train on the same plans to achieve their dream body - muscles are either trained or they are not. What works for men works for women in the same way.

Myth number 2: The difference between muscle toning and muscle building

The distinction between 'muscle toning', 'body shaping' and 'bodybuilding' seems to be made constantly in various studios and fitness clubs. Interestingly, all of these terms have exactly the same meaning - training the muscles through progressive overload. The reason all of these descriptions are given for the same thing is simply the negative associations many have with the term 'bodybuilding'.

Women and strength training (II/II)

Taking a cue from the fear many women have of building too much muscle, the fitness industry has found milder expressions for the same thing.

Myth number 3: Cardio is the best way to rid yourself of excess pounds

Another myth that has proved very stubborn is that cardio is the best way to get rid of excess weight. What is actually the best way to achieve your dream body?

All things considered, the key to your dream body rests on two pillars: firstly, you need to increase your metabolism, and secondly, you need to manipulate your hormones and enzymes to support your goals in the most effective way possible. First of all: both of these goals are much better served by strength training than cardio: the reason for this is that an large calorie deficit in the form of a diet while performing intense endurance exercise leads to a kind of state of emergency in the body: the body reacts to this situation by going into survival mode and catabolising muscle tissue to reduce its energy requirements. It needs the maximum possible amount of fat to survive in this state. The consequences are lower resting metabolism, loss of muscle mass and an increase in fat storage. It is undisputed that calories are burnt during cardio training. However, this often has no effect on the other 23 hours of the day, during which metabolism returns to normal. In addition, long cardio sessions increase the cortisol level massively, again supporting the breakdown of muscle tissue and fat storage.

In contrast, while strength training does also raise cortisol levels, it also increases levels of hormones testosterone and HGH, which encourage both muscle building and fat burning. The net effect more than compensates for the effect of the cortisol. In addition, strength training leads to afterburn effect (which can last up to 48 hours), in which the body still requires more energy to regenerate. This causes calorie consumption to increase during this rest period.

To achieve your dream body, fitness experts therefore recommend an optimised diet to go along with any strength training. Cardio training is best used in a supporting role.

Conclusion

Men and women can confidently train in the same way - if they are pursuing the same goals, namely a well-formed, athletic body. The fear many women have of building slabs of muscle overnight through strength training is absolutely unfounded and in any case unrealistic. Without a doubt, the most effective way to achieve your dream body is strength training with carefully planned nutrition.

Your full body training program (I/II)

The full body training program is one of the simplest and at the same time best forms of fitness routines. It does not matter if you want to be in better shape or if you want to use it as a basis for more advanced training concepts – by targeting your full body in each session, you will be able to quickly achieve good results from your workouts.

You do have only a maximum of **2 to 3 times a week to work out?** In this case, the full body training is the perfect choice for you too!

It is important to note that key to success in every training routine is to increase strain slowly but continuously (either by using stronger resistance bands, increasing sets or repetitions). As a beginner you will be able to achieve quick progress and maybe even to increase strain just from one training session to the next. As an advanced athlete, those steps will be smaller and may take longer, which does not mean they are less effective.

exercise	muscles targeted	sets / reps
	Band Squat	legs, torso
	Band Chest Press	chest, shoulders, triceps
	Deadlift	legs, torso, back
	Band Row Low	arms, back
	Band Front Deltoid Raise	shoulders
	Band Biceps Curl	biceps

Your full body training program (II/II)

Übungen	Zielmuskulatur	Sätze / Whg.
	Band Triceps Pushdown	triceps
	Standing Calf Raise	calves
	Band Crunch	abdomen

For the above full body training program, we recommend a break of approximately 2 minutes after each set.

Please note, that you can easily and freely change exercises using this Guide or any other exercise to gain a new stimulus to your muscle group targeted and therewith counteract a habituation effect of your muscles. Nevertheless, you can always decide to keep certain exercises: You love squats for your legs? No problem, just try to refresh your training routine by adding other new exercises.

Do you feel like e.g. your legs cannot be stimulated sufficiently for ongoing good results by using the full body training program? Then we highly recommend you to familiarize yourself with split trainings, which this guide will cover subsequently. Split trainings aim at training different muscle groups on different days, which allows you to target those muscle groups much more intensely than in a full body training program not exceeding a training time of a single session of 60 minutes (after that, increasing levels of the stress hormone Cortisol can be observed, which negatively affects training effects).



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**TOUGH TIMES
ARE LIKE
PHYSICAL
EXERCISE.
YOU MAY NOT
LIKE IT WHILE
YOU ARE DOING IT,
BUT TOMORROW
YOU WILL BE
STRONGER
BECAUSE OF IT.**

A 2-day split fits everyone who is able to train the main muscle groups twice a week while it consequently requires you to have a **slightly advanced training level**.

The biggest advantage compared to the full body workout described earlier is the possibility to target and train certain muscle groups more efficiently, as the training is now split into 2 different training days. Consequently, each session will be more intense for the muscles targeted while in return it allows those muscle groups to regenerate longer, as in the following session another muscle group will be targeted. Still, we recommend you to train each muscle group at least twice a week.

Session 1: upper body

exercise	muscles targeted	sets/reps
	Bench Press	chest, shoulders, triceps
	Crossovers	chest, shoulders, arms
	Straight Leg Deadlift	legs, torso, back
	Band Row Low	back, arms
	Band Lateral Deltoid Raise	shoulders, arms
	Concentration Curls	biceps
	Lying Triceps Extensions	triceps

Session 2: lower body

exercise	muscles targeted	sets/reps
 	Band Squat	legs, torso
 	Band Stationary Lunge	legs, torso
 	Band Butt Lift	legs, gluteus
 	Standing Leg Curl	legs
 	Band Crunch	abdomen
 	Seated Leg Raises	abdomen, legs

Above, the 2-day split was performed on the basis of **differentiating between upper body and lower body exercises**. Of course, any other split (keyword: “push-pull-split”) is possible. The break between two sets shall not be longer than 1-2 minutes.

It is very important that each muscle group targeted is able to fully recover (which can take up to 48 hours) to give you the best possible training effect.

As stated in the full body workout section earlier, we recommend changing exercises after 6-8 weeks, to actively counteract a habituation effect of your muscles. Nevertheless, you can always decide to keep certain exercises: You love deadlifts for your lower back? No problem, just try to refresh your training routine by adding other new exercises.

A 3-day split is the perfect choice especially for **advanced athletes**. It is probably the most popular split used in fitness routines, as one's muscle groups usually get a sufficient amount of regeneration time (because of the fact that in each training session different muscle groups are targeted) while at the same time being versatile and easily adaptable.

A 3-day split does not necessarily mean that it is restricted to three training sessions only. It is also possible to use a 3-day split, but having five training days per week: for example, one trains chest and biceps on the first day, continues with back and triceps on day 2, followed by day 3 which is used for legs, shoulders and abdomen and then repeating day 1 and day 2 another time. Analogously, if you want to have a special focus on your legs and gluteus, simply add a fourth training session targeting legs and gluteus. The possibilities to adapt your routine are practically endless.

Session 1: chest / biceps

exercise	muscles targeted	sets/reps
	Bench Press	chest, shoulders, triceps 4 x 6-12
	Incline Bench Press	chest, shoulders, triceps 3 x 6-12
	Crossovers	chest 4 x 6-12
	Band Biceps Curl	biceps 3 x 6-12
	Concentration Curls	biceps 3 x 6-12
	Alternate Arm Curls	abdomen, legs 3 x 6-12

Still, the breaks between sets shall not be longer than 1-2 minutes.

As stated in the full body workout section earlier, we recommend to change exercises after 6-8 weeks, in order to actively counteract a habituation effect of your muscles. Nevertheless, you can always decide to keep certain exercises: You love deadlifts for your lower back? No problem, just try to refresh your training routine by adding other new exercises.

Session 2: back / triceps

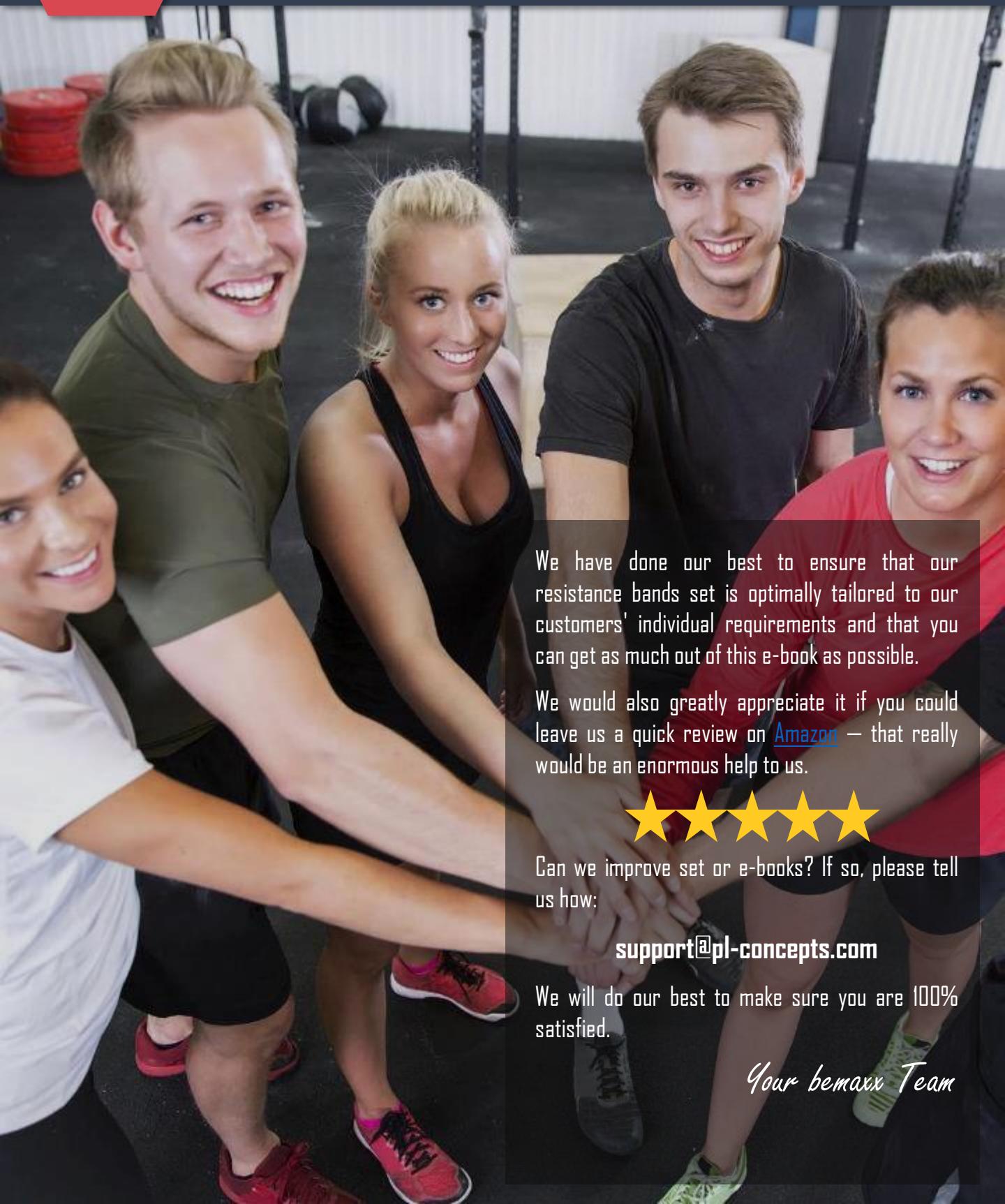
exercise	muscles targeted	sets/reps
 	Deadlift	legs, torso, back 4 x 6-12
 	Band Pulldown	back, arms 3 x 6-12
 	Band Row Low	back, arms 3 x 6-12
 	Band Triceps Extensions	triceps 3 x 6-12
 	Band Triceps Pushdown	triceps 3 x 6-12
 	Lying Triceps Extensions	triceps 3 x 6-12

Session 3: legs / shoulders

exercise	muscles targeted	sets/reps
	Band Squat	legs, torso
	Single Leg Press	legs
	Band Stationary Lunge	legs, torso
	Band Lateral Deltoid Raise	shoulders
	Band Front Deltoid Raise	shoulders
	Seated Leg Raises	abdomen, legs

The manifold possibilities to easily change and adapt your training sessions by using the 3-day split have made it the most prevalent one among advanced athletes, but also among competitive athletes, which is probably the reason why it is the most popular training routine among fitness enthusiasts.

If you want to, simply add some exercises to the 3-day split provided or change some of those exercises! You want to have a strong focus on legs and gluteus? Just add another training day where you target legs and your gluteus once again. As you can already see, the possibilities to adapt your 3-day split routine are practically endless.



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