

**LET'S  
BANDS**



**YOUR 4 WEEK  
TRAINING PROGRAM**

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## HELLO LADIES!

The core philosophy of Let's Bands is in the simplicity of evolving exercise. Our mission is to help you build a better body, and therefore a better life, without clunky exercise equipment. The 4-week Let's Bands program will challenge you to a thirty-minute major calorie-burning session that will shape your body and maximize fat loss. Our training program is built around your busy life and guaranteed to challenge you to burn, build, and shape. All you need is a workout mat, Internet connection, and your own motivation. Let's Bands does the rest with our highly mobile exercise program. You can Let's Bands anywhere! This is for women of all ages, all fitness levels, and all walks of life. The Let's Bands Lady Set is the evolution of exercise.

You are about to embark on a one-of-a-kind fitness solution with a highly versatile, portable, and scalable training weapon designed to be as attractive as it is efficient; plus, it is coupled with a cutting-edge online training program. Rather than focusing on just one part of the body, the Let's Bands workout targets the entire body, building core strength, burning excess body fat, toning complete muscle sets, improving fitness levels, and changing lives. Our workouts combine the muscle-sculpting, core-forming benefits of resistance training with the strength and flexibility advantages of Pilates and yoga. We crank up the speed to deliver a true fat burning, low-impact workout that leaves your body looking long, lean, and incredibly defined. Start your training – Let's Bands.



# YOUR 4-WEEK PROGRAM



## YOUR 4-WEEK-PROGRAM

Our program helps improve coordination, balance, mobility, and stability, in addition to, increasing your strength and burning fat. Before starting your 4-week program, please read all of our notes very carefully.

We developed an easily accessible program that burns fat, tones your body, and develops total body strength. With powerbands training, both the concentric and eccentric parts of the exercises have resistance, resulting in a better range of motion, strength, and more complete stimulation. Developed by sports experts and instructed by experienced trainers, our 4-week program will put you on the fast track to achieve your goals. This program will require you to follow a circuit format: rather than completing a set number of repetitions and then resting, circuit training requires you to perform four exercises (with a specific number of repetitions) as many times as you can within a pre-determined amount of time.

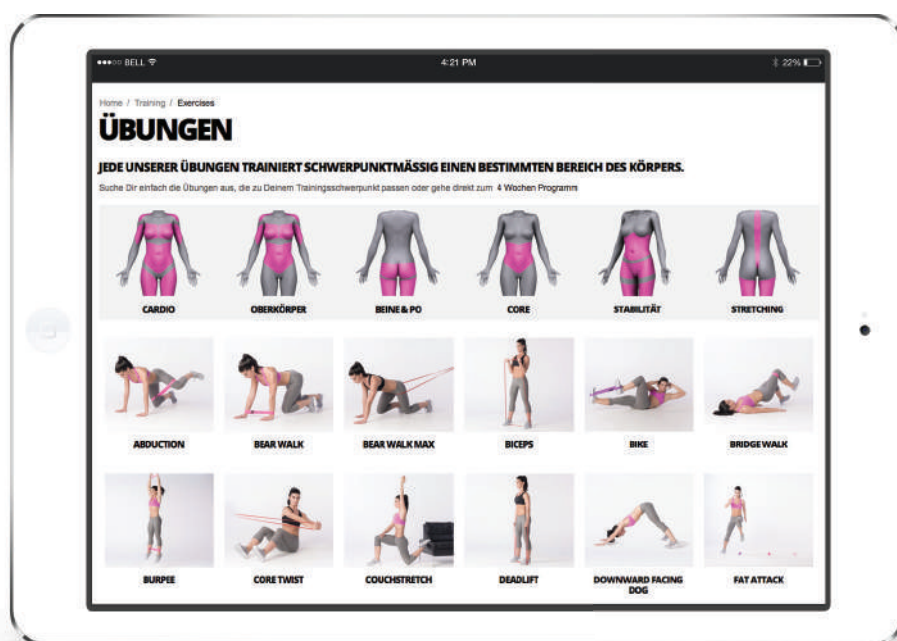


## YOUR TRAINING

Your training combines strength, plyometric, cardiovascular / HIIT, circuit training, and stretching exercises—all focused on a minimum input and maximum outcome to burning body fat and shaping your body.

**Training:** Your training session always starts with a warm-up of approximately 5–10 minutes (page 13). After each training session, you should stretch your muscles (page 15). Cooling down decelerates your body, slows down your heart rate, and relaxes your muscles. Circuit training three times a week is recommended on Mondays, Wednesdays, and Fridays. Take at least a day off between your training sessions to allow your body and muscles to recover. Start your first training sessions with light resistance and a low number of repetitions.

**Online and Mobile Accessible Exercises.** Find every exercise in an easy to follow format in our online library. Please visit: [www.letsbands.com/en/ladyexercises](http://www.letsbands.com/en/ladyexercises)



## THE WORKOUTS – OVERVIEW

### CIRCUITS

Each workout consists of two different circuits repeated twice each. In each circuit, you will repeat 4 different exercises for 7 minutes, as many times as possible. Don't stop before your timer stops. Between each circuit, rest 30–90 seconds. Alternate between circuit #1 and #2. Repeat both circuits for two rounds each (2x7 minutes with a 30–60 second pause in between). You will be challenged to a thirty-minute major calorie-burning session that will shape your body and maximize fat loss.

### WARM UP – BEFORE EACH TRAINING

Warming up prepares your body for the pending exertion as it revs up your cardiovascular system. It also protects your muscles, tendons, and joints from injury. We see the warm-up as a “preparation phase,” much the same as a pilot needs to prepare his airplane for a flight. Before take off, we first need to activate the right muscles, especially for ones that have been inactive for a while or for those who sit for extended periods of time. Before starting your actual warm-up, we recommend that you move your shoulders, arms, hips, knees, and ankles in repeated circular motions.

### STRETCHING – AFTER TRAINING

Cool down after training and also make regular stretching exercises part of your workout routines. Cooling down decelerates your body, slows down your heart rate, and relaxes your muscles. Stretching prevents your muscles from shortening and can also help correct poor posture. It is also a great method of mental relaxation. We recommend stretching as a recovery and relaxation method on your rest days.

### PRE-TRAINING: WEEK 1 – 2

If you are a total beginner, have not trained in a long time, or only train intermittently, it is likely that your muscles are, or have become, deconditioned. The purpose of these workouts is to prepare you for the training circuits provided in Weeks 1–4.

## THE WORKOUTS – OVERVIEW

You should determine the intensity and type of training sessions that suit your needs. Start off with light sessions and gradually increase the intensity of your training. Regular training not only strengthens your heart and muscles, but also boosts your motivation and spiritual well-being.

### **TRAINING: Week 1 – 4**

After engaging in your pre-training, you should be able to start the 4-week program and seeing regular results. While training at this level, we also recommend placing a large focus on stretching and resting. Give your muscles time to relax, recover, and adapt. Start your first training sessions with light resistance. You should increase your training once you have perfected the exercise technique. However, you must reduce the volume of your training when your muscles are exhausted. Ideally, you should train 3 times a week on Mondays, Wednesdays and Fridays. Take a day off in between your training sessions to allow your body and muscles to recover. We also recommend you vary the physical strain on a regular basis.





## THE WORKOUTS – OVERVIEW

### Progression

Adjust every exercise to your level of strength by using the next stronger powerband, the leverage ratio, positioning of the powerbands, and higher repetitions.

### Track your progress

Here are some tips to ensure that you are taking the best progress photos throughout your transformation. Always take photos prior to starting your training. Make sure you always take the photo in the same circumstances (time and location). Set a reminder in your calendar to retake your photos every other week.

### Powerbands

Light pink = Easy

Pink = Medium

Purple = Heavy



### Leverage ratio

Hip angle changes determine the degree of difficulty.

Easier on your knees than on your feet



### Position

Band around your knees = Easier

Band around your ankles = Heavier



# YOUR TRAINING LET'S BANDS



## YOUR TRAINING – LET'S BANDS!

Every workout consists of two different circuits repeated twice each. In each circuit, you will need to repeat the 4 given exercises as many times as possible within 7 minutes. Stop when the timer stops! In between each circuit, take 30–90 seconds to rest and to drink water. Enjoy your Training – Let's Bands!

### CHECKLIST

- ✓ Your powerbands
- ✓ Water
- ✓ Stable underground
- ✓ Stopwatch
- ✓ Music

1 Warm Up

2 Circuit 1 - 7 Minutes

3 Pause - 30 Seconds

4 Circuit 2 - 7 Minutes

5 Pause - 30 Seconds

6 Circuit 1 - 7 Minutes

7 Pause - 30 Seconds

8 Circuit 2 - 7 Minutes

9 Cool Down & Stretching

# WARM-UP



# WARM-UP

## BEFORE YOU START YOUR TRAINING

1. DIRTY DOG

10 Reps. each side



2. DOWNWARD FACING DOG

5 Reps.



3. TOE TOUCH

10 Reps.



4. PRETZL

3 each side/3 Sek. hold



5. ROTATORCUFF

10 Reps. each side



6. HIPLIFT

10 Reps.



7. KNEELING PLANK

5 Reps. each side



8. UPRIGHT LATERAL

15 Steps in both directions



# STRETCHING



# STRETCHING

## AFTER YOUR WORKOUT CIRQUITS

1. HAMSTRINGSTRETCH

10 Reps. für 3 Seconds hold



2. COUCHSTRETCH

10 Reps. für 3 Seconds hold



3. ITB STRETCH

10 Reps. für 3 Seconds hold



4. SIDESTRETCH

10 Reps. für 3 Seconds hold



5. GLUETESTRETCH

10 Reps.



6. FROG

10 Reps. für 3 Seconds hold



# PRE-TRAINING

## Week 1 - 2



**Online and Mobile accessible exercises.** Find every single exercise easy to follow in our online library, ranging from beginner to advanced. Please go to: [www.letsbands.com/en/ladyexercises](http://www.letsbands.com/en/ladyexercises)



# PRE-TRAINING - WEEK 1

## DAY 1 - TUESDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

1. SQUAT 10 - 15 Reps.



2. STRADDLE 10 Reps.



3. HIP SIDELIYING 12 Reps. each site



### Circuit 2 ⌚ 7 Minutes

1. KICK BACK 10 Reps. each site



2. MOUNTAINCLIMBER 10 Reps. each site



3. PLANK 10 - 15 Seconds hold



# PRE-TRAINING - WEEK 1

## DAY 2- THURSDAY

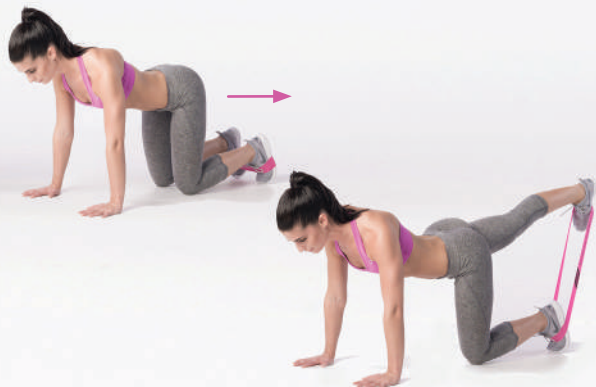
### Circuit 1 ⌚ 7 Minutes

30 sec. pause

### Circuit 2 ⌚ 7 Minutes

#### 1. KICK BACK

10 Reps. each site



#### 2. MOUNTAINCLIMBER

10 Reps. each site



#### 3. PLANK

10 - 15 Seconds hold



#### 1. SQUAT

10 - 15 Reps.



#### 2. STRADDLE

10 Reps.



#### 3. HIP SIDELYING

12 Reps. each site



# PRE-TRAINING - WEEK 2

## DAY 1 - MONDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. LUNGE 10 Reps. each site



#### 2. LEGRAISE STRADDLE 8 - 12 Reps.



#### 3. ABDUCTION 10 - 12 Reps. each site



#### 4. PLANK 15 - 20 Seconds hold



### Circuit 2 ⌚ 7 Minutes

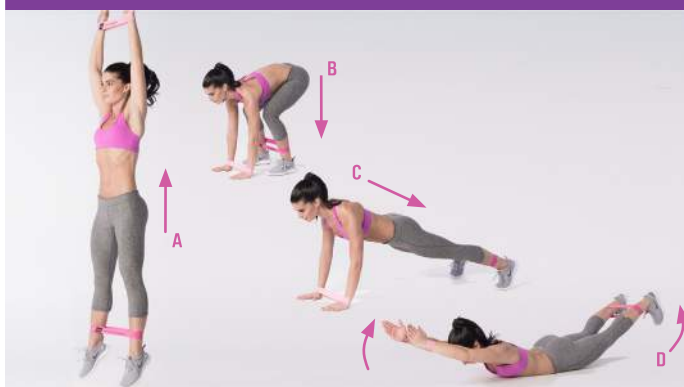
#### 1. PUSHUP 8 - 12 Reps.



#### 2. LEGLIFT 10 Reps. each site



#### 3. BURPEE 8 Reps.



#### 4. KICKBACK 8 - 12 Reps. each site



# PRE-TRAINING - WEEK 2

## DAY 2- WEDNESDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

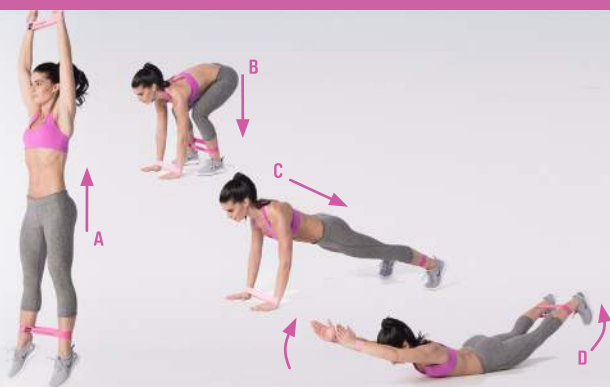
1. PUSHUP 8 - 12 Reps.



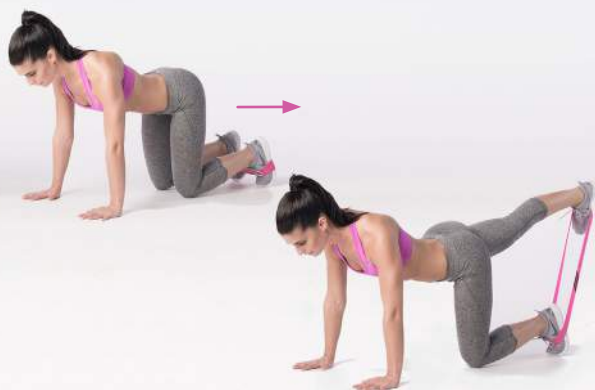
2. LEGLIFT 10 Reps. each site



3. BURPEE 8 Reps.



4. KICKBACK 8 - 12 Reps. each SITE



### Circuit 2 ⌚ 7 Minutes

1. LUNGE 10 Reps. each site



2. LEGRAISE STRADDLE 8 - 12 Reps.



3. ABDUCTION 10 - 12 Reps. each site



4. PLANK 15 - 20 Seconds hold



# PRE-TRAINING - WEEK 2

## DAY 3 - FRIDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. LUNGE 10 Reps. each site



#### 2. LEGRAISE STRADDLE 8 - 12 Reps.



#### 3. ABDUCTION 10 - 12 Reps. each site



#### 4. PLANK 15 - 20 Seconds hold



### Circuit 2 ⌚ 7 Minutes

#### 1. PUSHUP 8 - 12 Reps.



#### 2. LEGLIFT 10 Reps. each site



#### 3. BURPEE 8 Reps.



#### 4. KICKBACK 8 - 12 Reps. each site



# TRAINING

## Week 1 - 4



**Online and Mobile accessible exercises.** Find every single exercise easy to follow in our online library, ranging from beginner to advanced. Please go to: [www.letsbands.com/en/ladyexercises](http://www.letsbands.com/en/ladyexercises)

# TRAINING – WEEK 1

## DAY 1 – MONDAY

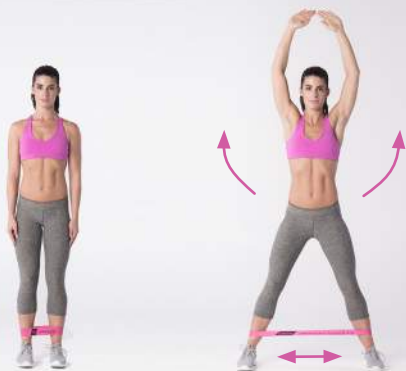
### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. PUSHUP 10 Reps.



#### 2. JUMPING JACKS 20 Seconds high speed



#### 3. ICE SKATER 20 Seconds high speed



#### 4. JUMP SQUATS 20 Seconds high speed



### Circuit 2 ⌚ 7 Minutes

#### 1. LEGRAISE STRADDLE 15 Reps.



#### 2. UPRIGHT LATERAL 15 Steps in both directions



#### 3. STRADDLE 15 Reps.



#### 4. ABDUCTION 15 Reps. each side



# TRAINING - WEEK 1

## DAY 2- WEDNESDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. TRICEPS 10 Reps. each site



#### UPRIGHT LATERAL 15 Steps in both directions



#### 3. ICE SKATER 20 Seconds high speed



#### 4. STRADDLE 15 Reps.

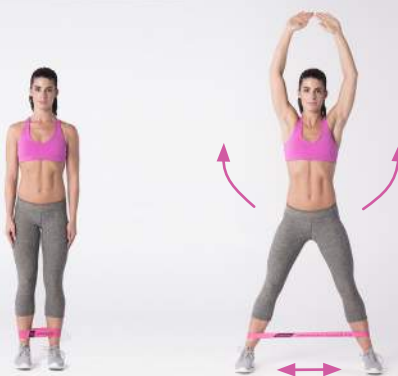


### Circuit 2 ⌚ 7 Minutes

#### 1. PUSHUP 10 Reps.



#### 2. JUMPING JACKS 20 Seconds high speed



#### 3. ICE SKATER 20 Seconds high speed



#### 4. JUMP SQUATS 20 Seconds high speed





# TRAINING – WEEK 1

## DAY 3 – FRIDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. LEGRAISE STRADDLE

15 Reps.



#### 2. UPRIGHT LATERAL

15 Steps in both directions



#### 3. STRADDLE

15 Reps.



#### 4. ABDUCTION

15 Reps. each site



### Circuit 2 ⌚ 7 Minutes

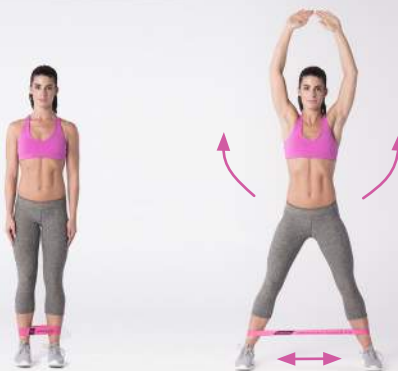
#### 1. TRICEPS

10 Reps. each site



#### 2. JUMPING JACKS

20 Seconds high speed



#### 3. ICE SKATER

20 Seconds high speed



#### 4. JUMP SQUATS

20 Seconds high speed



# TRAINING - WEEK 2

## DAY 1 - MONDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. PUSHUP 15 Reps.



#### 2. FROG JUMPS 20 Seconds high speed



#### 3. SCISSOR 20 Seconds high speed



#### 4. JUMP LUNGE 20 Seconds high speed



### Circuit 2 ⌚ 7 Minutes

#### 1. SIDEPLANK 15 Reps. each site



#### 2. BEAR WALK 15 Forwards & back again



#### 3. V ABS 20 Reps.



#### 4. DEEP SQUAT 20 Reps.



# TRAINING - WEEK 2

## DAY 2 - WEDNESDAY

### Circuit 1 7 Minutes

30 sec. pause

#### 1. SIDEPLANK 15 Reps. each side



#### 2. BEAR WALK 15 Forwards & back again



#### 3. V ABS 20 Reps.



#### 4. DEEP SQUAT 20 Reps.



### Circuit 2 7 Minutes

#### 1. PUSHUP 15 Reps.



#### 2. FROG JUMPS 20 Seconds high speed



#### 3. SCISSOR 20 Seconds high speed



#### 4. JUMP LUNGE 20 Seconds high speed



# TRAINING – WEEK 2

## DAY 3 – FRIDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. PUSHUP 15 Reps.



#### 2. FROG JUMPS 20 Seconds high speed



#### 3. SCISSOR 20 Seconds high speed



#### 4. JUMP LUNGE 20 Seconds high speed



### Circuit 2 ⌚ 7 Minutes

#### 1. SIDEPLANK 15 Reps. each site



#### 2. BEAR WALK 15 Forwards & back again



#### 3. V ABS 20 Reps.



#### 4. DEEP SQUAT 20 Reps.



# HALF WAY THROUGH :)



powerbands  
letsbands.com

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# TRAINING – WEEK 3

## DAY 1 – MONDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. LEGLIFT 15 Reps. each site



#### 2. BEAR WALK 15 Forwards & back again



#### 3. V ABS 20 Reps.



#### 4. SUMO SQUAT 20 Reps.



### Circuit 2 ⌚ 7 Minutes

#### 1. UPRIGHT LATERAL 15 Steps in both directions



#### 2. BIKE 15 Reps each site



#### 3. HIP SIDELYING 15 Reps.



#### 4. FROG JUMPS 20 Reps.



# TRAINING – WEEK 3

## DAY 2 – WEDNESDAY

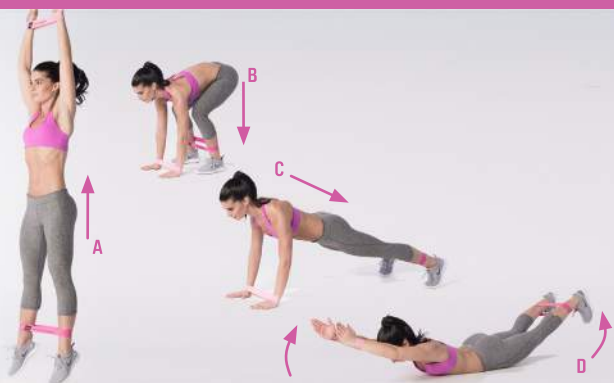
### Circuit 1 ⌚ 7 Minutes

30 sec. pause

1. W PULL 15 Reps. each side



2. BURPEE 20 Seconds high speed



3. SQUAT JUMP 90° 20 Seconds high speed



4. JUMP LUNGE 20 Seconds high speed



### Circuit 2 ⌚ 7 Minutes

1. SPIDER PUSHUP 15 Reps.



2. ICE SKATER 20 Seconds high speed



3. FROG JUMPS 20 Seconds high speed



4. SQUAT JUMP 90° 20 Seconds high speed



# TRAINING – WEEK 3

## DAY 3 – FRIDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

1. UPRIGHT LATERAL 15 Steps in both directions



2. BIKE 15 Reps. each side



3. HIP SIDELYING 15 Reps. each side



4. FROG JUMPS 20 Reps.



### Circuit 2 ⌚ 7 Minutes

1. LEGLIFT 15 Reps. each side



2. BEAR WALK 15 Steps in both directions



3. V ABS 20 Reps.



4. SUMO SQUAT 20 Reps.





# TRAINING – WEEK 4

## DAY 1 – MONDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. LEGLIFT 15 Repts. each side



#### 2. SPIDER PUSHUP 6-10 each side



#### 3. STRADDLE 15 Repts.



#### 4. LATERAL BOUNCE 30 Seconds high speed



### Circuit 2 ⌚ 7 Minutes

#### 1. W PULL 15 Repts.



#### 2. KICKBACK 10 Repts. each side



#### 3. BIKE 10 Repts. each side



#### 4. JUMP SQUAT 180° 30 Seconds high speed



# TRAINING – WEEK 4

## DAY 2 – WEDNESDAY

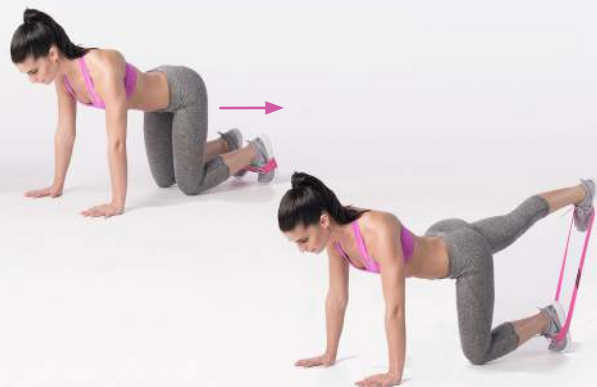
### Circuit 1 ⌚ 7 Minutes

30 sec. pause

1. PLANK 40 Seconds hold



2. KICKBACK 10 Reps. each site



3. BIKE 10 Reps. each site



4. FAT ATTACK 40 Seconds high speed



### Circuit 2 ⌚ 7 Minutes

1. PLANK STRADDLE 15 Reps. each site



2. SQUATS 15 – 20 Reps. each site



3. STRADDLE 15 Reps.



4. BURPEE 30 Seconds high speed



# TRAINING – WEEK 4

## DAY 3 – FRIDAY

### Circuit 1 ⌚ 7 Minutes

30 sec. pause

#### 1. LEGLIFT 15-20 Reps. each side



#### 2. SPIDER PUSHUP 8-10 each side



#### 3. STRADDLE 15 Reps.



#### 4. LATERAL BOUNCE 30 Seconds high speed

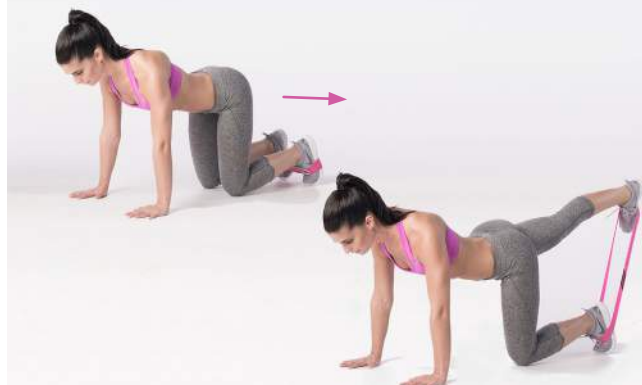


### Circuit 2 ⌚ 7 Minutes

#### 1. W PULL 15 Reps.



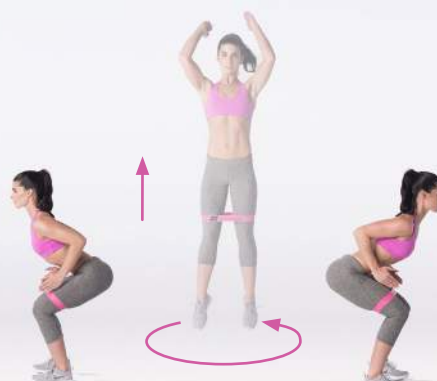
#### 2. KICKBACK 10 Reps. each side



#### 3. BIKE 15-20 Reps. each side



#### 4. JUMP SQUATS 180° 30 Seconds high speed



## WELL DONE – YOU DID IT!

Congratulations on completing your 4-week program from Let's Bands. Now that you have finished, you are probably wondering what you should do next. We've recently released 70+ exercises that are step-by-step guided and easy to follow so you can repeat your program another 4 weeks with more advanced exercises. You can find this section online at [www.letsbands.com/en/ladyexercises](http://www.letsbands.com/en/ladyexercises).

For more inspirational workouts and exercises, please visit us at [letsbands.com](http://letsbands.com), on Facebook, Instagram, Pinterest, or download our free anywhere and anytime powerbands app for additional workouts.

**Powerbands App!** Your free inspiration for workouts and exercises.



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## SAFETY INFORMATION

Before starting your exercises, please read all of the safety notes very carefully to ensure that all powerbands users are well informed of the safety and health warnings. If you have any unclear physical complaints, you should first consult your doctor to rule out any serious injuries and other health complications. It is essential to rule out any cardiovascular conditions.

None of our exercises should cause any pain during or after your training sessions. In the event you do experience pain during training, please stop exercising immediately and, if necessary, consult a doctor.

Check your powerbands for signs of wear and tear, cracks and cuts, or porous sections, every time prior to use. The safety of your powerbands can only be guaranteed if they are routinely checked for damage. This is essential in the interest of safe and efficient training.

Every user is responsible for his or her own health and safety when exercising. Safe use of the powerbands is only achievable if they are used correctly and in accordance with the instructions. Please make sure you have ruled out all possible risks before exercising!

Before starting your training program, you should consult your doctor to exclude any potential health risks with regards to heart rate, blood pressure, cholesterol levels, dizziness, imbalances, and post-surgery advice. Pay attention to your body's signals. Incorrect or excessive training may be harmful to your health.

If at any time during your training you should experience physical symptoms, such as pain, chest tightness, irregular pulse or dizziness, please stop training immediately and visit your doctor or call an ambulance.

## SAFETY INFORMATION

Always wear appropriate clothing when training. Avoid loose-fitting clothing that the powerbands could catch on, thereby restricting your training or endangering your safety. We recommend you wear non-slip shoes during your training sessions.

Keep children and animals away from all powerbands. Powerbands are intended exclusively for use by adults. Use the powerbands on a firm and even surface.

The safety zone surrounding the user must be at least 2 meters. Keep your powerbands in a safe place when you are not using them. Prolonged exposure to sunlight will reduce the useful life of your powerbands and should therefore be avoided. Maintain an adequate distance to other people and/or objects during use. Always make sure you do not injure yourself or others during use. Never pull a powerband directly towards your face. Furthermore, we recommend you do not subject the powerband to extreme tension as it may tear or lead to unforeseeable injury. Never let go of one end of the band when it is under tension. Powerbands should only be used for medical or therapeutic purposes in coordination with an expert (doctor/ physiotherapist).

If you have any problems with your powerbands or questions in general, please send an email to: [info@letsbands.com](mailto:info@letsbands.com)

CAUTION: Our powerbands are not latex-free!