

Modified Aerobic Block Contralateral Circuit

*banded only

The following is an aerobic circuit method for the beginning of training to build your base and revisit work capacity and fitness to get ready to train.

Using the circuit

This circuit is to be used to train in the aerobic zone, staying below lactate threshold (LT), lactate inflection point (LIP) or Ventilatory threshold (VT).

You may want to build up using the methods (Levels) below, trying to get to level 4 as fast as possible without training into lactate threshold.

Level 1 - 15 seconds on 10 off

Level 2 - 20 seconds on 10 off

Level 3 - 25 seconds on 10 off

Level 4 -30 Seconds on 10 off

Attach/hook band to doorknob or close it in a door

Reverse Lunge Right with Band Row Left

Reverse Lunge Left with Band Row Right

Right Leg Deadlift Left Arm Row

Left Leg Deadlift Right Arm Row

Piston Squat Right with Left Arm Band Row

Piston Squat Left with Right Arm Band Row

Right Leg RDL with Left Arm Row

Left Leg RDL with Right Arm Row

Squat with Band Row

Right Leg Deadlift with Left Arm Band Row

Left Leg Deadlift with Right Arm Band Row

Split Squat Right with Left Arm Band Row

Split Squat Left with Right Arm Band Row

Squat with Right Arm Row

Squat with Left Arm Row

Remove band from door, use for band press

[Step up Right with Band Press Left](#)

[Step up Left with Band Press Right](#)

[Reverse Lunge Right with Band Press Left](#)

[Reverse Lunge Left with Band Press Right](#)

[Piston Squat Left with Band Press Right](#)

[Piston Squat Right with Band Press Left](#)

[Split Squat Left with Right Arm Band Press](#)

[Split Squat Right with Left Arm Band Press](#)

Close the band on top of the door

[Bent over Face Pulls](#)