

OTHERSPORTS



Manual

POWERBOARD

v2.2 English

OTHERSPORTS

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OTHERSPORTS

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intro

a warm welcome!

We are glad that you have chosen us.

Who is OTHERSPORTS?

We are a young startup company and passionate about sports with the goal of revolutionizing home training.

Our principle:

Home fitness products that work!

Developed and tested for you by athletes

We work closely with selected experts to develop our sports products. The development and production of your board is done with attention to detail in the south of Germany. We are guided by a clear functional design for effective training, which we implement in combination with high-quality materials to a premium sports product.



*have fun & success
for your workout!*

how to start

scope of delivery

POWERBOARD

sturdy birch wood for demanding workouts. Coated and sweat-resistant surface, so you can fully concentrate on your workout.

TRAINING MANUAL

with valuable tips on form and posture during your training



HANDPADS

for more comfort during push-up exercises



HALF CYLINDER

for balance push-ups -optional-



HANDLES

for all push up tasks with the board such as push-ups



MULTI-LOOP BANDS

Two fitness loop straps with eight loops in medium strength for all kinds of pulling tasks such as biceps curls or for more intensive push-up exercises

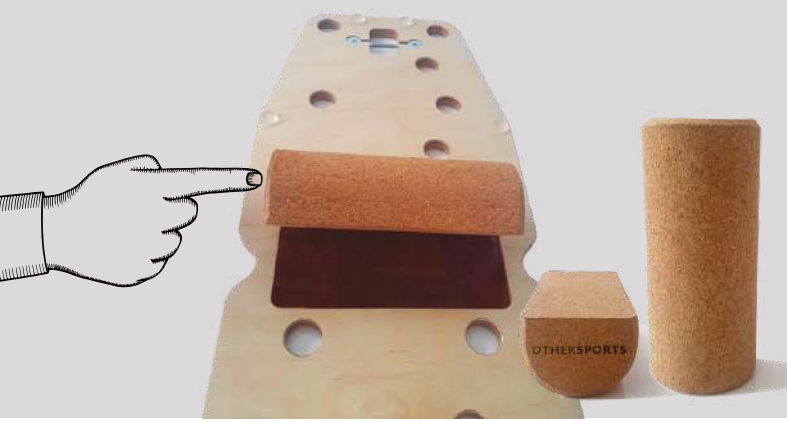


how to start

These POWERBOARD add-ons are available on www.othersports.de

Cork half cylinder

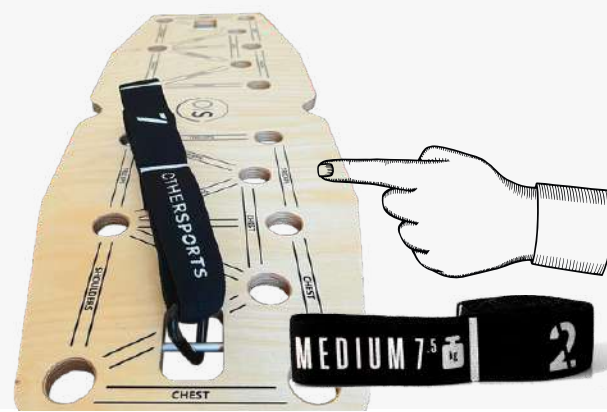
Use the cork half cylinder to make your push workouts even more intense and to train your coordination.



VS.

Multi-Loop resistance bands

Train your push exercises with multi-loop fitness bands to stimulate your muscles and make your workout more intense. The multi-loop bands are available in 3 resistance levels.



workout plan

We provide you with two workout plans.

The most important thing for you is to first determine what your specific goal is. Do you want to stay fit and lose weight or do you want to build muscles?

The workout plans are suitable for beginners and advanced and depend only on your coordination and your current strength level.

Workout plan I: fit and healthy

This plan is right for you if you want to lose excess pounds, strengthen your cardiovascular system and improve your coordination.

Workout plan II: muscle building

This plan is for you if you are an advanced athlete and want to strengthen your muscles. Here we will stimulate your muscles with more intensity to promote growth.

**THE
DIFFERENCE
BETWEEN
WANTING
AND
ACHIEVING IS**

Discipline

Good to know: The human body has about 650 muscles. We cannot consciously control or train every single one of them. However, the POWERBOARD is designed to target the most important muscle groups:

- Chest muscles
- Back muscles
- Shoulder muscles
- Abdominal muscles
- Leg muscles
- Upper and lower arm muscles

workout plan



Exercises marked with this symbol are explained in detail in the chapter "Exercise execution". Follow the instructions to train correctly and effectively with your POWERBOARD.

After a growth stimulus through intensive sports, muscle parts need a sufficient rest phase. The workout plans are therefore systematically divided in time.

workout plan I fit & healthy: 2 DAY SPLIT

Medium RPE

FULL BODY

UPPER BODY

workout plan II muscle building: 3 DAY SPLIT

High RPE

LOWER BODY

UPPER BODY

FULL BODY

terminology

REPS

REPS stands for the number of repetitions you perform at a stretch for a given exercise.



SETS

SETS stands for the number of rounds you perform for a given exercise.

AMRAP

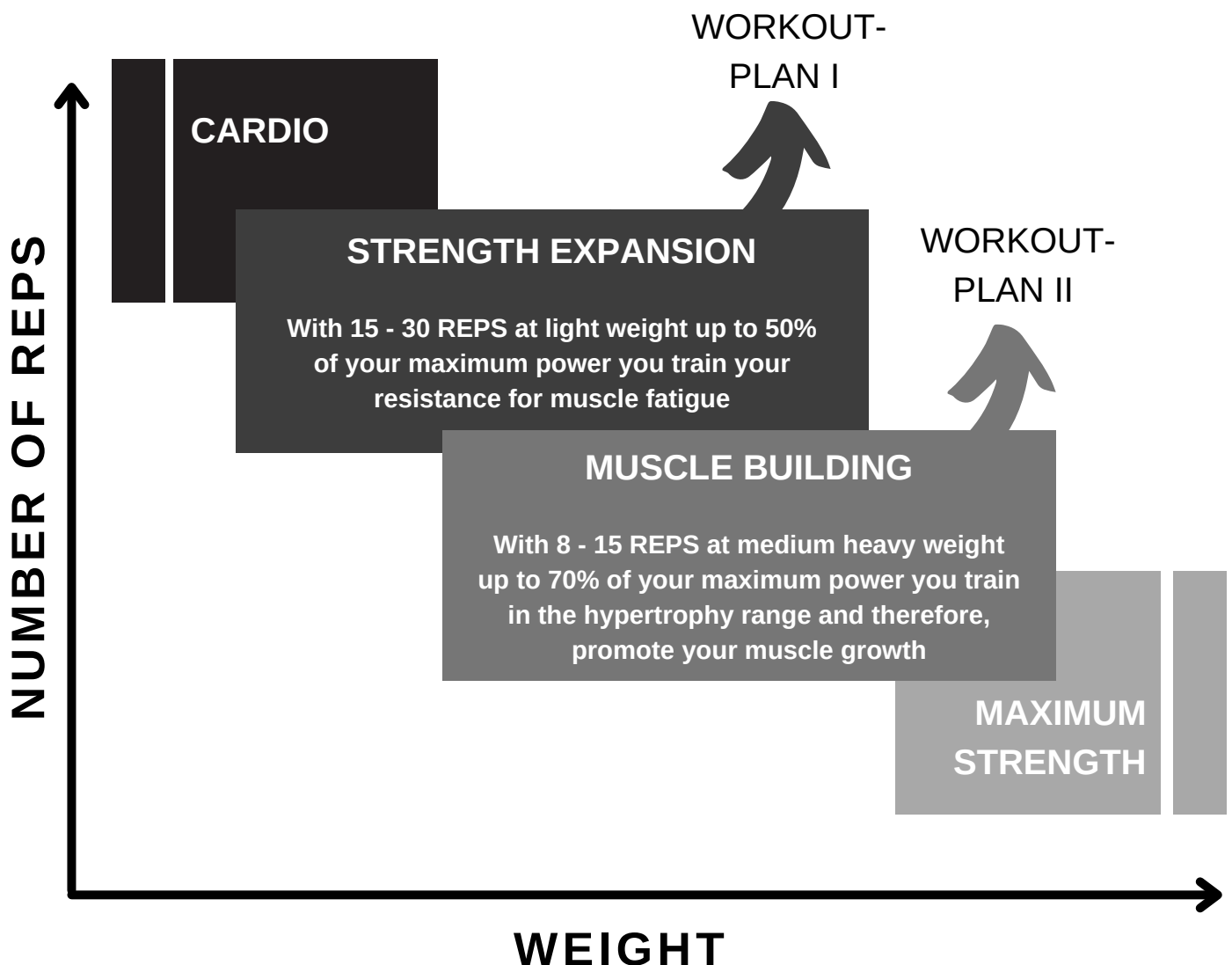
AMRAP stands for "as many reps as possible". The goal is to complete as many reps as possible in the allotted time.



comparison

Do you prefer to train with heavy weights or with light weights and many repetitions? 10-12 repetitions is often said as a general rule.

Here is a little more transparency on this:



Important: Depending on your workout goal, you can make your training as efficient as possible. Do you want to endure heavy loads for a long time (strength endurance), primarily gain muscle mass (hypertrophy) or develop muscle strength (maximum strength)? In general, however, you should make sure to train all areas in order to stay in balance!

challenges

We have various challenges built in for you....

The same SETS over and over again or the same home workout are monotonous in the long run and can also be soporific for your muscles. For this reason, we have built in various challenges for you. These range from a jogging round to a tour on the bike. Choose the challenge that suits you best depending on your state of mind. For even more motivation, the challenges can also be done in a group.



*Challenge
accepted!*

warm up

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

JUMPING JACKS: A CLASSIC



RUMP BOW



BACK STRETCHER



warm up

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

SQUAT



LEG LIFTER



THIGH EXTENSOR



warm up

Nothing new, but very important: Prior to every workout you should warm up well to prevent injuries!

ABDOMINAL MUSCLE EXTENSOR



HUGS BEND I



HUGS BEND II

















4 WEEK

fit & healthy
FULL BODY WORKOUT



fit & healthy workout plan

Train without the cork cylinder until you can safely perform the balance exercises with the cylinder.

	Mo.	Tu.	We.	Th.	Fr.
WEEK 1	 45 min. full body exercises 1, 3, 6, 11	Rest day	 45 min. upper body exercises 2, 4, 7, 8	Rest day	 45 min. full body exercises 9, 11, 12, 13
WEEK 2	 45 min. full body challenge No 1	Rest day	 45 min. full body challenge No 2	Rest day	 30 min. 1 free challenge of your choice
WEEK 3	 45 min. upper body exercises 1, 3, 4, 10	Rest day	 30 min. 1 free challenge of your choice	 45 min. full body exercises 11, 12, 13, 14	 45 min. full body challenge No 2
WEEK 4	 45 min. full body challenge No 1	 30min. 1 free challenge of your choice	Ruhetag	 45 min. upper body exercises 2, 4, 7, 8	 30 min. 1 free challenge of your choice

free challenges

40 Burpees

10 REPS | 4 SETS



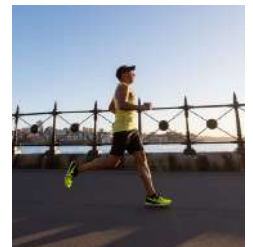
60 Push Ups

15 REPS | 4 SETS



5 km Run

max. 30 min.



40 km Biking

max. 2,5 h



100 Lunges

25 REPS | 4 SETS



120 Squats

40 REPS | 3 SETS



set challenges

Try to complete the individual rounds during the challenges without pausing in between.

CHALLENGE 1

3 ROUNDS



BALANCE
PLANK

2 min.



TRAPEZOID
PULL

20 REPS

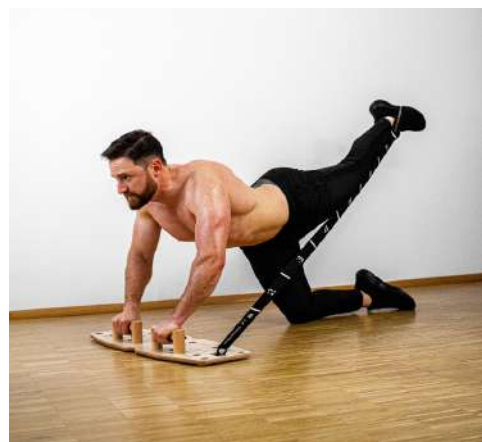


LUNGES

20 REPS
EACH SIDE

CHALLENGE 2

3 ROUNDS



LEG-
PRESS

20 REPS
EACH SIDE



PUSH UPS









15 REPS













BICEPS CURLS

20 REPS










Exercise

1	Biceps Curls 	SETS 3	REPS 15	
		RPE 8	REST 1 <small>MINS</small>	
2	Push ups with Multi-Loop Band 	SETS 3	REPS AMRAP	
		RPE 13	REST 2 <small>MINS</small>	
3	Balance Push ups Wide 	SETS 3	REPS AMRAP	
		RPE 13	REST 2 <small>MINS</small>	
4	Balance Push ups Narrow 	SETS 3	REPS AMRAP	
		RPE 13	REST 2 <small>MINS</small>	

Exercise

5	Front-Shoulder Lift 	SETS 3	REPS 15	
		RPE 10	REST 1 MINS	
6	Front-Shoulder Pull 	SETS 3	REPS 15	
		RPE 10	REST 2 MINS	
7	Shoulder-Press Wide 	SETS 3	REPS 10	
		RPE 12	REST 2 MINS	
8	Bent Forward Rowing 	SETS 3	REPS 20	
		RPE 10	REST 2 MINS	
9	Trapezoid Pull 	SETS 3	REPS 20	
		RPE 10	REST 2 MINS	

Exercise

10	Side Plank 	SETS 6	PRO SEITE 1 MINS	
11	Front Plank 	SETS 3	REPS 20	
12	Leg Press 	SETS 6	REPS 20 <i>PRO SEITE</i>	
13	Lunges 	SETS 6	REPS 20 <i>PRO SEITE</i>	
14	Deadlifts	SETS 3	REPS 20	
















4 WEEK

muscle building
FULL BODY WORKOUT



muscle building workout plan

Train without the cork cylinder until you can safely perform the balance exercises with the cylinder.

	Mo.	Tu.	We.	Th.	Fr.
WEEK 1	 45 min. full body exercises 1, 3, 6 ,11	Rest day	 45 min. upper body exercises 2, 4, 7, 8	Rest day	 45 min. full body excises 9, 11 ,12, 13
WEEK 2	 45 min. full body challenge No 1	 30 min. 1 free challenge of your choice	 45 min. full body challenge No 2	Rest day	 45 min. full body exercises 1, 3, 6 ,11
WEEK 3	 45 min. upper body exercises 1, 3, 4, 10	Rest day	 30 min. 1 free challenge of your choice	 45 min. full body exercises 11, 12, 13, 14	 45 min. full body challenge No 2
WEEK 4	 45 min. full body challenge No 1	 45min. full body exercises 1, 3, 6 ,11	Rest day	 45 min. upper body exercises 2, 4, 7, 8	 30 min. 1 free challenge of your choice

free challenges

80 Burpees

20 REPS | 4 SETS



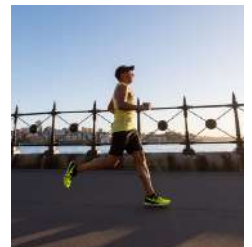
100 Push ups

20 REPS | 5 SETS



6 km Run

max. 40 min.



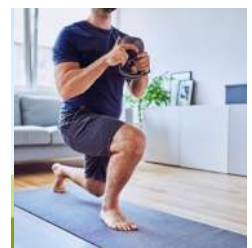
60 km Biking

max. 3 h



200 Lunges

50 REPS | 4 SETS



240 Squats

80 REPS | 3 SETS



set challenges

Try to complete the individual rounds during the challenges without pausing in between.

CHALLENGE 1

3 ROUNDS



FRONT
PLANK

2 min.



TRAPEZOID
PULL

10 REPS

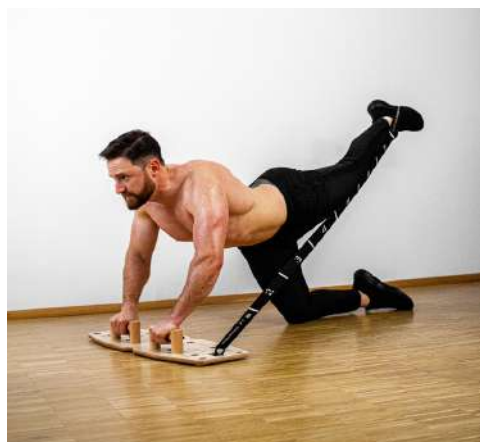


LUNGES

20 REPS
EACH SIDE

CHALLENGE 2

3 ROUNDS



LEG
PRESS

20 REPS
EACH SIDE



BALANCE
PUSH UPS









15 REPS












BICEPS CURLS

10 REPS






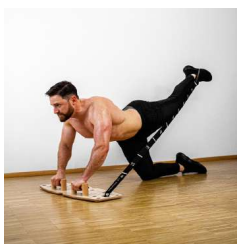



Exercise

1	Biceps Curls 	SETS 3	REPS 10	
		RPE 10	REST 1 MINS	
2	Push ups with Multi-Loop Band 	SETS 3	REPS 15	
		RPE 13	REST 2 MINS	
3	Balance Push ups Wide 	SETS 3	REPS 15	
		RPE 13	REST 2 MINS	
4	Balance Push ups Narrow 	SETS 3	REPS 10	
		RPE 14	REST 2 MINS	

Exercise

5	Front Shoulder Lift 	SETS 3	REPS 15	
		RPE 10	REST 1 MINS	
6	Front Shoulder Pull 	SETS 5	REPS 10	
		RPE 10	REST 1 MINS	
7	Shoulder Press Wide 	SETS 5	REPS 12	
		RPE 12	REST 2 MINS	
8	Bent Forward Rowing 	SETS 5	REPS 15	
		RPE 12	REST 1 MINS	
9	Trapezoid Pull	SETS 3	REPS 10	
		RPE 12	REST 1 MINS	

Exercise

10	Side Plank 	SETS 6	PRO SEITE 1 MINS	
11	Front Plank 	SETS 5	REPS 20	
12	Leg Press 	SETS 6	REPS 20 <i>PRO SEITE</i>	
13	Lunges 	SETS 6	REPS 20 <i>PRO SEITE</i>	
14	Deadlifts	SETS 3	REPS 15	

exercise execution



Follow the descriptions on the POWERBOARD to target the correct muscle group for your workout.

5 top rules for a more effective training.



1. Pause for approximately 1 - 2 minutes between exercises.
2. Do not unload during the exercise. Always keep your muscles in tension.
3. Always perform exercises in a controlled manner, swinging along is a no-go!
4. Tense the lower back during the execution and remain stable.
5. Lower body and leg training is a MUST-DO since these muscle parts are elementary for your metabolism and muscle building!



Biceps Curls

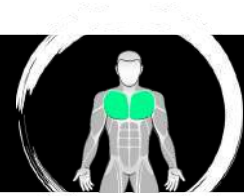
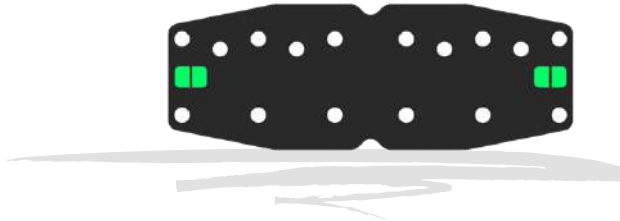
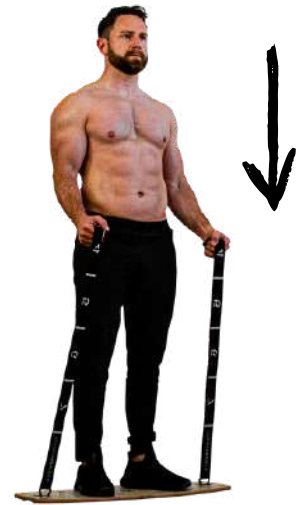
START

- Multi-loop bands fixed at the lower end with the POWERBOARD
- Hands shoulder width apart and under tension
- Multi loop bands under tension



END

- Body erect
- Knee slightly bent
- Forearm to upper arm at right angle
- Elbow tightly fixed to the body



Balance Push ups Wide

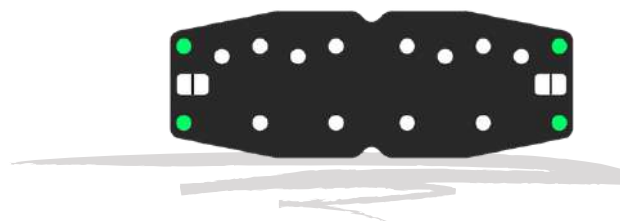
START

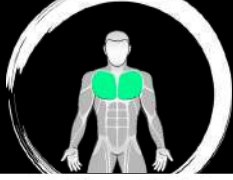
- Cork cylinder positioned under POWERBOARD
- Push-up position assumed
- Back, head and heels in a straight line
- Buttocks tense and hips pressed forward



END

- Elbows pointing outwards
- Body under tension and straight
- Keep balance





Push ups with Multi-Loop-Band

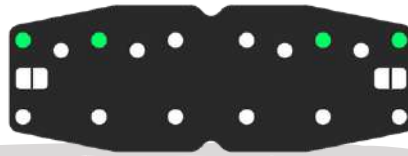
START

- Multi-loop band positioned with POWERBOARD
- Push-up position assumed
- Back, head and heels in a straight line
- Buttocks tensed and hips pressed forward



END

- Elbows pointing outwards
- Body under tension and straight



Balance Push ups Triceps

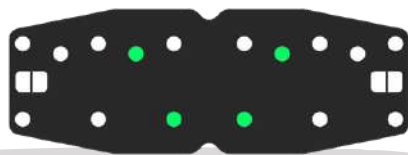
START

- Half cylinder positioned under POWERBOARD
- Push-up position assumed for triceps muscle group
- Elbows fixed tightly to body
- Body straight and under tension



END

- Body straight and under tension
- Buttocks tense and hips stretched forward
- Elbows fixed close to body
- Keep balance





Shoulder - Side Lift Cross

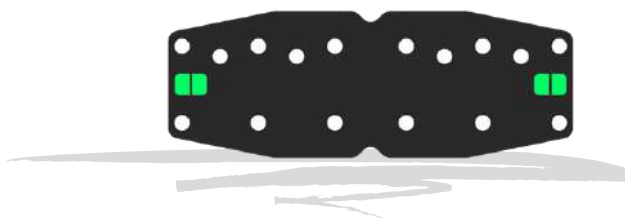
START

- Multi-loop tapes fixed at the lower end with the POWERBOARD
- Loops gripped crosswise and multi-loop bands under tension
- Hands shoulder width apart and under tension



END

- Body straightened & under tension
- Knees and elbows slightly bent
- Arms drawn sideways to shoulder height and in a straight line



Shoulder - Front Pull

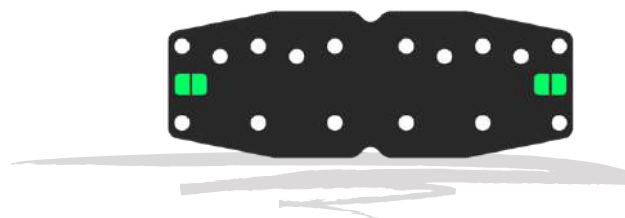
START

- Multi-loop band fixed at the lower end with the POWERBOARD
- Hands shoulder width apart and under tension
- Multi loop bands under tension



END

- Body erect and under tension
- Elbows pointing outward to the sides
- Elbows drawn slightly above shoulder height





Shoulder - Front Lift

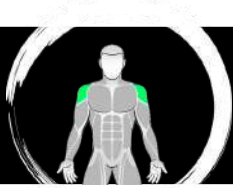
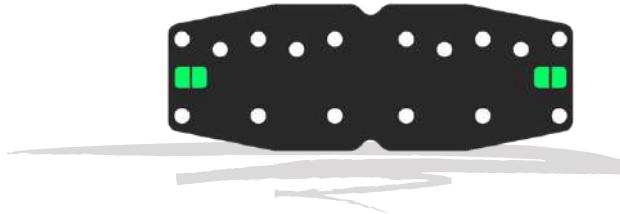
START

- Multi-loop band fixed at the lower end with the POWERBOARD
- Hands shoulder width apart and under tension
- Multi loop bands under tension



END

- Body erect and under tension
- Knees and elbows slightly bent
- Arms form a straight line with shoulder forward



Shoulder - Rowing

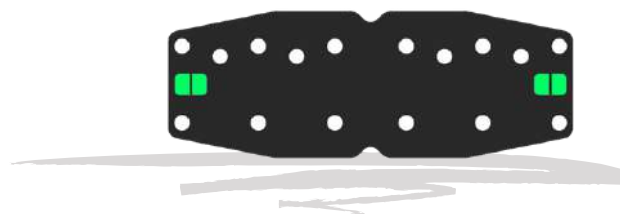
START

- Multi-loop band fixed at the lower end with the POWERBOARD
- Body bent forward in a straight line
- Loops gripped crosswise and multi-loop bands under tension
- Hands shoulder width apart and under tension



END

- Body bent and under tension
- Elbows pulled back pointing outward





Shoulder Press - Wide

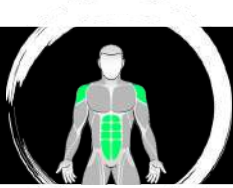
START

- Push-up position assumed with color code for shoulder muscle group (wide).
- Elbows pointing outwards and buttocks stretched upwards
- Hips form a line with upper body



END

- Body angled and under tension
- Nose pointing towards the ground



Front - Plank

START

- Push-up position assumed with forearm on powerboard
- elbow resting against body
- hips form a line with upper body



END

- Body bent buttocks stretched upwards
- Nose pointing towards the floor





Deadlift

START

- Body straight and under tension
- buttocks tense and hips pressed forward
- Elbows fixed tightly to the body
- Multi-loop band under tension



END

- Back straight and bent forward
- Knees bent
- Multi-loop band under tension



Lunges

START

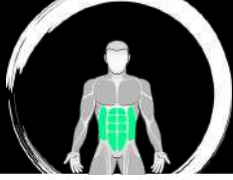
- Body straight and under tension
- Buttocks tense and hips pressed forward
- Leg rests loosely on aids
- Elbows fixed tightly to body
- Multi-loop band under tension



END

- Upper body straight
- Standing leg in squat with right angle





Balance-Bridge

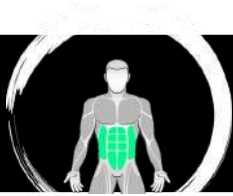
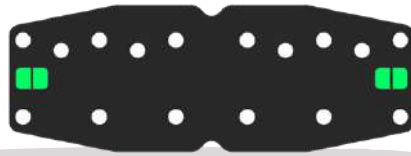
START

- Lying on the back with legs bent on the powerboard



END

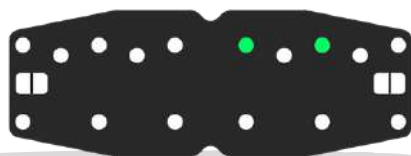
- Pelvis pushed up as far as possible
- Arms flat on the floor for support



Side Plank

START / END

- Body forms a straight line sideways
- Buttocks tense and hips pressed forward
- Head straight ahead



OTHERSPORTS

MULTI-LOOP FITNESS BANDS

Our premium elastic fitness bands in three resistance levels made from a high-quality nylon-cotton blend. The multi-loop bands have eight numbered individual loops to better target your workout for your personal strength level.



POWERBOARD HALF CYLINDER

Get everything out of your POWERBOARD and train even more intensively with the half cylinder made of real cork.



FITNESSBAR

Now you can train even better with our fitness boards. The newly developed fitness bar made of high-quality aluminum and smooth-running needle bearings allows you an efficient and wrist-friendly workout!



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OTHERSPORTS



THANK YOU

We are a young start-up from Germany and we would be very happy for your support.

Your honest feedback and review on Google would greatly help us!

Have fun & success with your workout!

Your othersports Team