

**Cardio** Mo, Th

1 : Bicycle



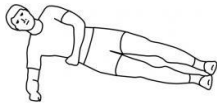
Week	Phases	Duration	Intensity /10	recovery
1-4	1	10:00	5	02:00

2 : Treadmills



Week	Phases	Duration	Intensity /10
1-4	1	40:00	7

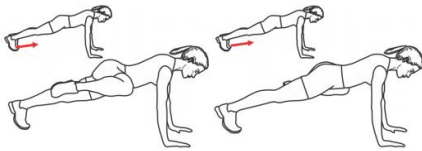
3 : Side Plank



- Lying on the side, do the plank, resting on the forearm and maintain the position. Place the feet one on top of the other. Keep the body straight.

Week	Sets	rep.	recovery
1-4	2	10	00:30

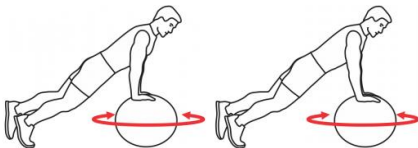
4 : Spiderman Plank High Position



- In a push-up position, stay in the high position, elbows straight. Pull one knee to side alternately.

Week	Sets	rep.	recovery
1-4	2	20	01:00

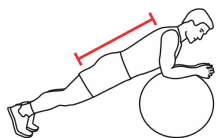
5 : 1 Foot SB Plank And Rotation Of Ball



- Keep the abs tight and your body straight. Stand on one foot. Do circle with the ball on the floor keeping your arms straight. Alternate.

Week	Sets	rep.	recovery
1-4	1	10	00:30

6 : Elbow Plank On Swiss Ball



- Elbows on the Swiss ball, hold the plank position with your back straight and abs tight.

Week	Sets	Duration
1-4	1	01:00

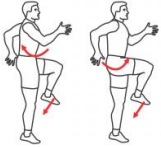
## Conditioning Tu, Th

### 1 : Skipping Rope



Week	Phases	Duration	recovery
1-4	1	05:00	01:00

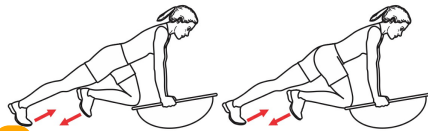
### 2 : High Knees On Spot



- Keep your back straight, head up and abs tight. Move your arms, front hand at shoulder height, elbows at 90 degrees. Working on the front part of your feet.

Week	Sets	Duration	Intensity /10	recovery
1-4	8	00:20	9	00:10

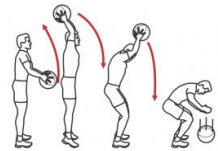
### 3A : Mountain Climber Inverted Bosu 1 foot



- Stand on an inverted Bosu in plank position with one foot on the ground only. Activate the legs in an alternated running motion. Keep your back straight and the abs tight.

Week	Sets	Duration	recovery
1-4	4	00:20	00:10

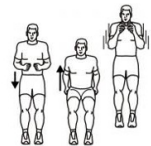
### 3B : MB Slam Throw



- From a straight body position, medicine ball over your head, throw the ball on the floor as hard as you can. Keep your abs tight and throw with the body.

Week	Sets	Duration	recovery
1-4	4	00:20	00:10

### 4 : Jump on Spot



- Your feet shoulder width apart, jump working with your arms. Keep an angle of about 90 ° at the elbows. Bend the knees and hips. Keep your head up. Jump on the front part of your feet.

Week	Sets	Duration	Intensity /10	recovery
1-4	8	00:20	9	00:10

### 5 : Burpees



- Keep back straight, abs tight and head up - Hips straight - Head over feet - Working arms elbow 90°

Week	Sets	Duration	Intensity /10	recovery
1-4	8	00:20	9	00:10

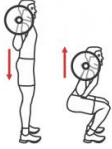
### 6 : Boxe



Week	Phases	Duration	Intensity /10	recovery
1-4	2	05:00	7	01:00

## Strength we

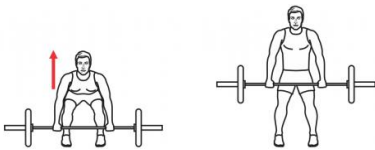
### 1 : Barbell Back Squat Medium Stance



- The feet shoulder width apart, hold the bar on your trapezius. Go down until your knees have an angle of 90° while keeping your back straight, head up, chest out.

Week	Sets	rep.	recovery
1-4	1	15	01:00
	2	12	02:00
	3	10	02:00
	4	8	02:00

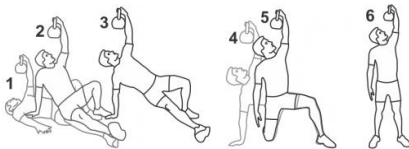
### 2 : Deadlift



- The feet shoulder width apart, medium grip (thumbs aligned with the shoulders), lift the load while keeping the bar close to you and keeping the back straight, abs tight and head up.

Week	Sets	rep.	recovery
1-4	1	15	01:00
	2	12	02:00
	3	10	02:00
	4	8	02:00

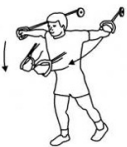
### 3 : Kettlebell Turkish Get Up



- Keep your abs tight and the arm perpendicular to the ground - Always keep the shoulder under the kettlebell during the lift

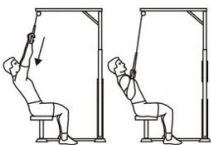
Week	Sets	rep.	recovery
1-4	1	10	01:00
	2	8	01:00
	3	6	02:00
	4	5	01:00

### 4 : Cable fly Stand



Week	Sets	rep.	recovery
1-4	3	12;10;8	01:00

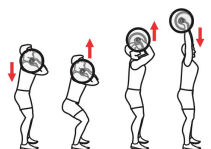
### 5 : Lat Pulldown Inclined Pronation Grip



- Keep back straight - Pronation grip

Week	Sets	rep.	recovery
1-4	3	12;10;8	01:00

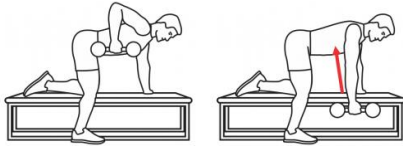
### 6 : Barbell Push Press



- Keep your back straight, with your head held high and your abs tight. Place the bar on the shoulders with your shoulder width apart. Do a slight flexion of the hips and knees and dynamically push the bar vertically with the body and arms. Push the bar when your hips are practically in extension.

Week	Sets	rep.	recovery
1-4	3	10;10;8	01:00

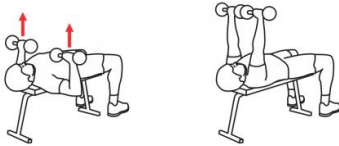
### 7 : Dumbbell Bent Over Row



- Keep back straight and head up. Pull dumbbell upward, elbow close to body. Neutral or hammer grip.

Week	Sets	rep.	recovery
<b>1-4</b>	<b>3</b>	<b>12;10;8</b>	<b>01:00</b>

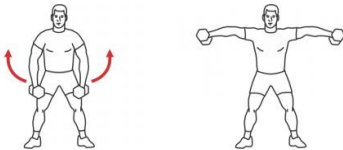
### 8 : Dumbbell Press



- While keeping your back flat on the bench, do bench press with dumbbells. Keep elbows aligned with shoulders. Pronation grip.

Week	Sets	rep.	recovery
<b>1-4</b>	<b>3</b>	<b>12;10;8</b>	<b>01:00</b>

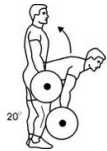
### 9 : Dumbbell Shoulder Lateral Raise



- Keep back straight, abs tight, head up and knees slightly bent - Keep elbows slightly bent - Raise elbows at shoulder level - Neutral or hammer grip

Week	Sets	rep.	recovery
<b>1-4</b>	<b>3</b>	<b>10;10;8</b>	<b>01:00</b>

### 10 : Deadlift One Leg Straight



- Keep back straight, abs tight, knees bent - Look forward - Keep one leg straight

Week	Sets	rep.	recovery
<b>1-4</b>	<b>3</b>	<b>10;10;8</b>	<b>01:00</b>