

MONTHLY TRAINING | APRIL

Lower body strength



Scan me

1. Warm-up

10MIN

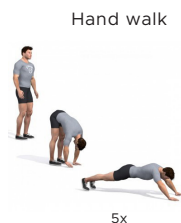
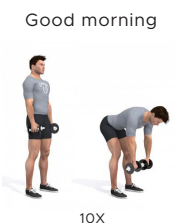


or



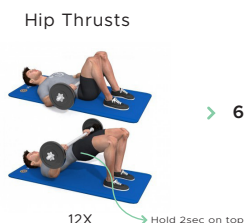
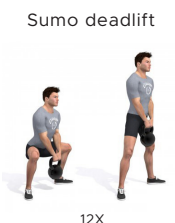
2. Activation

1X



3. strength 1

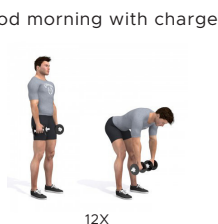
4X



> 60 sec rest

4. strength2

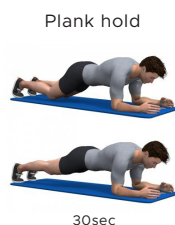
4X



> 60 sec rest

5. Core

3X



> 15sec pause >



> 60 sec rest