

MONTHLY TRAINING | APRIL

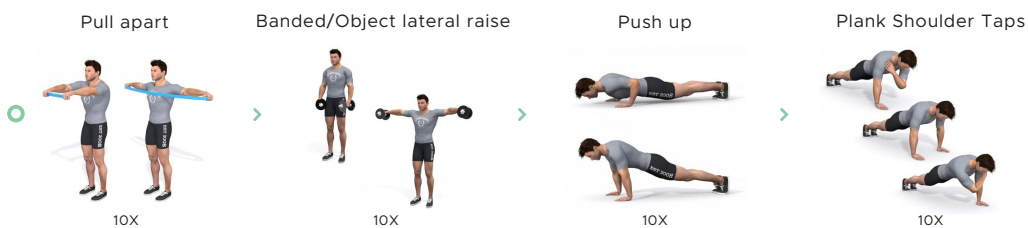
Upper body strength



Scan me

1. Activation

1X



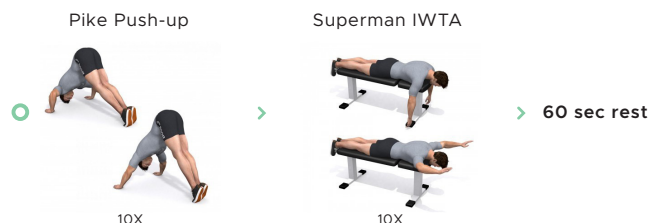
2. strength 1

4X



3. strength 2

4X



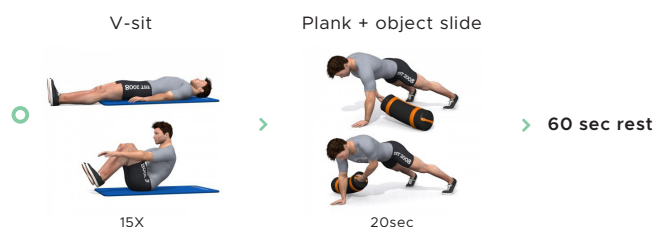
4. strength 3

4X



5. Core

4X



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Lower body strength



Scan me

1. Warm-up

10MIN



Fast walk

or



Spinning

2. Activation

1X



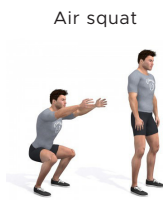
Good morning

10X



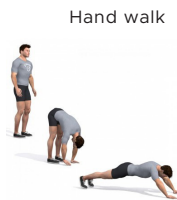
Back lunges

10X



Air squat

10X



Hand walk

5x

3. strength 1

4X



Sumo deadlift

12X



Hip Thrusts

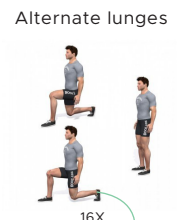
12X

Hold 2sec on top

> 60 sec rest

4. strength2

4X



Alternate lunges

16X



Good morning with charge

12X

Hold 2sec on flexion

> 60 sec rest

5. Core

3X



Plank hold

30sec

> 15sec pause >



Hollow Hold

30sec

> 60 sec rest

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Cardio/fitness intensity



Scan me

1. Warm-up

10MIN



Fast walk

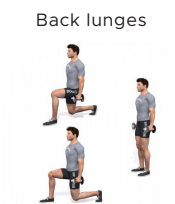
or



Spinning

2. Activation

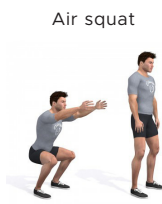
2X



Back lunges

10X

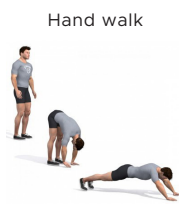
>



Air squat

10X

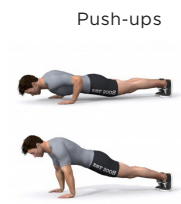
>



Hand walk

5X

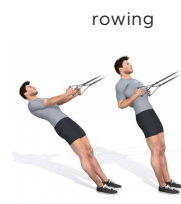
>



Push-ups

5x

>

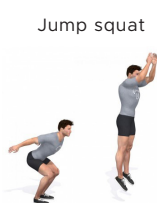


rowing

5x

3. Round training

1X



Jump squat

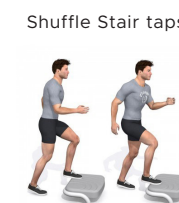
>



Plank elbows-hands

reps/side

>



Shuffle Stair taps

reps/side

>

No rest between the sets

> 5 rep

10 rep

15 rep

20 rep

15 rep

10 rep

5 rep

5 rep

10 rep

15 rep

20 rep

15 rep

10 rep

5 rep

5 rep

10 rep

15 rep

20 rep

15 rep

10 rep

5 rep

4. Core

3X



alternate Mountain Climber

20X

>



alternate Flutter kick

20X

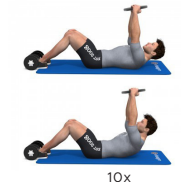
>



Leg Raise

10X

>



1/2 Crunch

10x

>

90 sec rest

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Muscular endurance



Scan me

1. Warm-up

10MIN



Fast walk

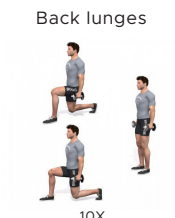
or



Spinning

2. Activation

2X



Back lunges

10X



Air squat

10X



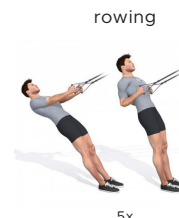
Hand walk

5X



Push-ups

5x



rowing

5x

3. Cardio/ strength 1

4X



Air squat

30 sec max rep



alternate Flutter kick

30 sec max rep



Object Ground to overhead

30 sec max rep



Max Object OH Fentes

30 sec max rep

> 60 sec rest

4. Cardio/ strength 2

4X



Air squat

30 sec max rep



alternate Flutter kick

30 sec max rep



Object Ground to overhead

30 sec max rep



Max Object OH Fentes

30 sec max rep

> 60 sec rest