

Name: Mr. X [info](#)

Program: 1 [info](#)

Consultant: PG [info](#)

VERSO

A1
Wtt 25,4
Trep 195
Ttime 21,9

Set	Rep.	Tempo	Rest
3	3	1 12 1	0

Alter. 2

Note: -Keep shoulders on the ground
-Deposit knees on the side
-Keep position for 12 sec

Draw ?

A2

Set	Rep.	Tempo	Rest
3	3	1 12 1	0

Alter. 2

Note: -Grab your leg behind knee and pull to stomach
-Keep position for 12 sec

B1

Set	Rep.	Tempo	Rest
3	3	1 12 1	0

Alter. 2

Note: -Try to touch the floor with the inside part of your knee
-Keep position for 12 sec

VERSO

B2
Wtt 25,4
Trep 195
Ttime 21,9

Set	Rep.	Tempo	Rest
3	15	1 2 1	0

Alter. 1

Note: -Start with your knees at hips level
-Lift toward your chest and pause up for 2 sec
-Go back knees at hips level

C1

-Jump up
-Lift knees

Set	Rep.	Tempo	Rest
3	10	1 1 1	0

Alter. 1

Note: -Explosive work.

C2

stabilization

Set	Rep.	Tempo	Rest
3	1	1 10 2	30

Alter. 2

Note: -Keep position for 10 sec and do the same on the other leg.

VERSO

D1
Wtt 25,4
Trep 195
Ttime 21,9

1. Combo exercisa

Set	Rep.	Tempo	Rest
2	8	1 1 1	0

Alter. 1

Note: -1.Start up 2.Down to forehead
3.Down to chest
-Continuous movement.

D2

Supination grip

Set	Rep.	Tempo	Rest
2	12	2 2 1	0

Alter. 1

Note: -Pause up for 2 sec.

D3

Medium grip
Elbow close to body

On one foot
Spread leg
Alternate

Set	Rep.	Tempo	Rest
2	10	1 0 1	60

Alter. 1

Note: -Explosive work.
-Change foot on the ground every 2 reps.

Name: Mr. X

Program: 1

Exerc.	A1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	1 12 1								
	3	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
2

Exerc.	B1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	1 12 1								
	3	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
2

Exerc.	C1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	1 1 1								
	10	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
1

Exerc.	D1	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	2	1 1 1								
	8	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
1

Exerc.	D3	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	2	1 0 1								
	10	60								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
1

Exerc.	A2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	1 12 1								
	3	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
2

Exerc.	B2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	1 2 1								
	15	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
1

Exerc.	C2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	3	1 10 2								
	1	30								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
2

Exerc.	D2	Workout	1	2	3	4	5	6	7	8
Recto	Set	Tempo	Load	Load	Load	Load	Load	Load	Load	Load
	Rep.	Rest	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.	Rep.
	2	2 2 1								
	12	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								
	0	0 0 0								
	0	0								

Alter. Note:
1

Total workout repetitions	195
Total workout tension time min.	21,9
Total workout time min.	25,4

Wtt: Workout time Alter.: Alternate
 Time: Tension time 1 for not alternate
 Rep.: Repetition 2 for alternate
 Trep: Total workout repetitions