

TRAINING PLAN

2 DUMBBELLS – PHASE 2 – SHAPE AND FIRMNESS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Session 1 + Hiit (options)	Session 2 + Cardio (option)	Rest or belly module	Session 3 + Hiit	Session 4 + belly module	Cardio + glutes module	Rest

2 DUMBBELLS

PHASE 2 – SHAPE AND FIRMNESS- SESSION 1

Muscles	Exercises	Reps	Series	Rest	Technique
Legs / Glutes	Demi-squat	30	3	1'15"	Dynamic - 1 second per phase
Legs / Glutes	Sumo squat	12	4	1'30"	Block 4 seconds at the bottom of the movement
Legs / Glutes	Lateral lunges	21	4	1'15"	3 x 7 (7 quarter reps + 7 half reps + 7 full reps)
Legs / Glutes	Straight legs deadlift	15	3 x 2	30"	Slow tempo 5/5
Legs / Glutes	Wall squat	1 minute 30	5	1'15"	Hold on as long as possible
Legs / Glutes	Hip Thrust	20	SUPERSET		Double contraction
Cardio	Exercise of your choice	30 minutes			Heart rate: 220 - (age) x0.7 and maintain

CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES

SQUAT

**SUMO
SQUAT**

**LATERAL
LUNGES**

**STRAIGHT LEG
DEADLIFT**

**WALL
SQUAT**

**HIP
THRUST**

2 DUMBBELLS

PHASE 2 – SHAPE AND FIRMNESS - SESSION 2

Muscles	Exercises	Reps	Series	Rest	Technique
Back	Rowing board pronation grip or reverse push-ups	30	4	1'15	Full amplitude - Dynamic 1 second per phase
Back	Dumbbell Rowing 1 arm after the other	12*2	4	1'30	Double contraction
Back	Pull-Over	8	4	1'30"	Slow work 5 seconds per phase
Dumbbells to forehead	Haltères au front	12	4	1'30"	Stop 1 sec up and down
Triceps	Neck extension	12	4	1'30"	4 seconds during the descent

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

**ROWING
DUMBBELLS
NEUTRAL
GRIP**

**ROWING
BOARD
DUMBBELLS
PRONATION
GRIP**

PULL-OVER

**DUMBBELLS
TO
FOREHEAD**

**NECK
EXTENSION**

**INVERTED
PUSH-UPS**

2 DUMBBELLS

PHASE 2 – SHAPE AND FIRMNESS - BELLY MODULE

Muscles	Exercises	Reps or time	Series	Rest	Technique
Abs	Double crunch	50	5	1'	Full amplitude - 2 seconds per phase
Abs	Straight legs raises	50	5	1'	Full amplitude - 2 seconds per phase
Abs	Knees raises	25	5	1'30"	Dynamic. Contract the strap well during the exercise
Abs	Climber	45 seconds			Dynamic. Contract the strap well during the exercise
Gainage	Abs 3 profils	1' / 45" / 45"	4	1'	Link the 3 profiles and take the recovery

SUPERSET

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

DOUBLE
CRUNCH

STRAIGHT
LEGS
RAISES

KNEES
RAISES

CLIMBER

ABS
3 PROFILES

2 DUMBBELLS

PHASE 2 – SHAPE AND FIRMNESS - SESSION 3

Muscles	Exercises	Reps or time	Series	Rest	Technique
Shoulders	Dumbbells military bench press, hammer grip	12	4	1'30	Double contraction
Shoulders	Frontales raises	20	SUPERSET		Dynamic - 1 second per phase
Shoulders	Lateral raises	21		1'30	3 x 7 (quart – demi – full)
Shoulders	Standing bird	30	4	1'15	Complete amplitude
Biceps	Curl hammer grip	10 + 10	4	1'30	10 full reps + 10 half reps
Biceps	Alternate curl	12	4	1'30	Stop and contract for 2 seconds at the top
Cardio	Exercise of your choice	30 minutes			HIIT : Beginner 30 / 1'30"Advanced 30 / 30

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

SEATED
DUMBBELL
BENCH
PRESS

FRONTAL
RAISES

LATERAL
RAISES

STANDING
BIRD

SITTING CURL
WITH HAMMER
GRIP

ALTERNATE
CURL

2 DUMBBELLS

PHASE 2 – SHAPE AND FIRMNESS- SESSION 4

Muscles	Exercises	Reps or time	Serie	Rest	Technique
Glutes / abductors	Squat sumo	10 + 10	5	1'30	10 half reps + 10 full reps
Glutes / abductors	Hip-thrust	8*2	SUPERSET		Stop 5 seconds up
Calves	Calf extension standing dumbbells	12	4	1'15	Stop 5 seconds up
Chest	Push-ups or knee push-ups or dumbbell bench press	12	4	1'30	5 seconds during the descent
Chest	Pull over	12	4	1'30	Full range - 2 seconds per phase
Biceps	Concentrated curl	12	4	1'30	Full range - 2 seconds per phase

[CLICK ON THE IMAGES TO LAUNCH THE VIDEOS OF THE EXERCISES](#)

**SUMO
SQUAT**

**HIP
THRUST**

**STANDING
CALVES ON
STEP**

**WIDE
PUSH-UPS**

**INCLINED
PUSH-UPS**

PULL-OVER

**DUMBBELL
BENCH PRESS**

**CONCENTRATED
CURL**

2 DUMBBELLS

PHASE 2 – SHAPE AND FIRMNESS - GLUTES MODULES

Muscles	Exercises	Reps or time	Series	Rest	Technique		
Glutes	Hip Thrust	45 seconds	10	1'15	Do the 4 exercises without recovery and then take 1 minute and start again		
Glutes	Jump squat	45 seconds	CIRCUIT				
Glutes	Sumo squat	45 seconds					
Glutes	Legs kick back	45 seconds					
Cardio	Exercise of your choice	30 minutes			Target heart rate: 220 - age x 0.7 and maintain the rhythm		

HIP
THRUST

JUMP
SQUAT

SUMO
SQUAT

KICK
BACK

CLICK ON THE IMAGES TO LAUNCH
THE VIDEOS