

TRAINING PLAN

2 DUMBBELLS - PHASE 3 - DEFINITION

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

2 DUMBBELLS

PHASE 3 - DEFINITION - SESSION 1

Muscles	Exercises	Reps	Series	Rest	Technique
Legs / Glutes	Demi-squat	50	4	1'	Dynamic - 1 second per phase
Legs / Glutes	Sumo squat	30	4	1'	Full amplitude - 2 seconds per phase
Legs / Glutes	Dumbbells squat	20	4	1'15	Full amplitude - 2 seconds per phase
Legs / Glutes	Straight legs deadlift	20	4	1'15	Full amplitude - 2 seconds per phase
Legs / Glutes	Wall squat	2'	4	1'	Hold on as long as possible
Legs / Glutes	Hip Thrust	30	4	1'	Full amplitude - 2 seconds per phase
Cardio	Exercise of your choice	30 minutes			Heart rate: $220 - (\text{age}) \times 0.7$ and maintain

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

**DEMI
SQUAT
1/1 DYNAMIC**

**SUMO
SQUAT**

**FULL
SQUAT**

**STRAIGHT LEG
DEADLIFT**

**WALL
SQUAT**

**HIP
THRUST**

2 DUMBBELLS

PHASE 3 - DEFINITION - SESSION 2

Muscles	Exercises	Reps	Series	Rest	Technique
Back	Rowing board dumbbells pronation grip	15	4	45''	Dynamic - 1 second per phase
Back	Rowing Dumbbells neutral grip	15	4	1'15	Full amplitude - 2 seconds per phase
Back	Pull-Over	15	4	1'15	Full amplitude - 2 seconds per phase
Triceps	Dumbbells to forehead	15	3	1'15''	Full amplitude - 2 seconds per phase
Triceps	Neck extension	15	3	1'15''	Full amplitude - 2 seconds per phase

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ROWING
BOARD
DUMBBELLS
PRONATION
GRIP

ROWING
DUMBBELLS
NEUTRAL
GRIP

PULL-OVER

DUMBBELLS
TO
FOREHEAD

NECK
EXTENSION

INVERTED
PUSH-UPS

2 DUMBBELLS

PHASE 3 - DEFINITION - BELLY MODULE

Muscles	Exercises	Reps or time	Series	Restj	Technique
Abs	Double crunch	50	6	30''	Full amplitude - 2 seconds per phase
Abs	Relevés de jambes tendues	50	6	30''	Full amplitude - 2 seconds per phase
Abs	Relevés de genoux sur banc ou chaise	50	6	1'15''	Dynamic - 1 second per phase
Abs	Climber	60 secondes			Dynamic. Contract the strap well during the exercise
Gainage	Gainage 3 profils	1'30 / 1' / 1'	5	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 3 - DEFINITION - SESSION 3

Muscles	Exercises	Reps or time	Serie	Rest	Technique
Shoulders	Dumbbells military bench press, hammer grip	15	5	1'15	Full amplitude - 2 seconds per phase
Shoulders	Frontal raises	15	5	1'15	Full amplitude - 2 seconds per phase
Shoulders	Lateral raises	15			Full amplitude - 2 seconds per phase
Shoulders	Standing bird	15			Full amplitude - 2 seconds per phase
Biceps	Concentrated curl	20	4	1'15	Full amplitude - 2 seconds per phase
Biceps	Barbells to forehead	20	4	1'15	Full amplitude - 2 seconds per phase
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](#)

**SITTING CURL
WITH HAMMER
GRIP**

**FRONTAL
RAISES**

**LATERAL
RAISES**

**STANDING
BIRD**

**CONCENTRATED
CURL**

**BARBELL TO
THE
FOREHEAD**

2 DUMBBELLS

PHASE 3 - DEFINITION - SESSION 4

Muscles	Exercises	Reps or time	Series	Rest	Technique
Glutes / abductors	Sumo squat	30	5	1'	Full amplitude - 2 seconds per phase
Glutes / abductors	Hip thrust	15*2	5	1'	Full amplitude - 2 seconds per phase
Calves	Sitting calves	30	3	45''	Full amplitude - 2 seconds per phase
Chest	Inclinated push ups on knees	15	4	1'	Full amplitude - 2 seconds per phase
Chest	Dynamic push ups	15	4	1'	Full amplitude - 2 seconds per phase
Chest	Pull-Over	30	4	45''	Full amplitude - 2 seconds per phase

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

SUMO SQUAT

**HIP
THRUST**

SITTING CALVES

**WIDE
PUSH-UPS**

**INCLINED
PUSH-UPS**

PULL-OVER

**SEATED
DUMBBELL
BENCH
PRESS**

**DYNAMICS
PUSH-UPS**

2 DUMBBELLS

PHASE 3 –DEFINITION- GLUTES MODULE

Muscles	Exercices	Répétitions ou temps	Séries	Repos	Technique		
Glutes	Hip Thrust	1 minute	6 à 10	1'	Do the 4 exercises without recovery and then take 1 minute and start again		
Glutes	Jump squat	1 minute	CIRCUIT				
Glutes	Sumo squat	1 minute					
Glutes	Bodyweight squat	1 minute					
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

BODYWEIGHT
SQUAT

CLICK ON THE IMAGES TO LAUNCH
THE VIDEOS OF THE EXERCISES