

TRAINING PLAN

BODYWEIGHT– 12 WEEKS

TRAINING PLAN

BODYWEIGHT – 12 WEEKS

The following program is to be done using your bodyweight, without any equipment.

You have the option to follow the workout on your own using the exercise images or to launch the "live" session and do it directly while following the coach.

Make sure you have a water bottle, a mat, a towel, and a timer in order to properly follow the programs.

The construction of this program will take place in 3 main phases*:

Phase 1: energy tone.

Phase 2: shaping and firming.

Phase 3: definition.

**Each phase will last 4 weeks.*

Each week is divided into two levels. One easy and one advanced. You can do the session of your choice.

TRAINING PLANS

BODYWEIGHT– PHASE 1 – TONUS ENERGY

POSSIBLE ORGANIZATION BEGINNER : 2 SESSIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	TRAINING SESSION LEVEL 1	REST	TRAINING SESSION LEVEL 1	REST	REST	REST

POSSIBLE INTERMEDIATE ORGANIZATION : 3 SESSIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRAINING SESSION LEVEL 1	REST	TRAINING SESSION LEVEL 1	REST	TRAINING SESSION LEVEL 1	REST	REST

POSSIBLE INTERMEDIATE ORGANIZATION 4 SESSIONS

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
TRAINING SESSION LEVEL 1 OR 2	TRAINING SESSION LEVEL 1 OR 2	REST	TRAINING SESSION LEVEL 1 OR 2	TRAINING SESSION LEVEL 1 OR 2	REST	REST

TRAINING PLAN

WARM UP – BODYWEIGHT

Before starting your workout, it is always necessary to do a warm-up to prepare your body for the effort.

The warm-up should last a few minutes.

We propose you to do 2-3 minutes of Jumping Jack, slowly.

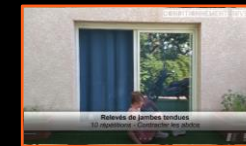
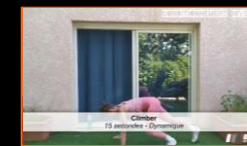


Click on the image to view the vidéo

BODYWEIGHT

PHASE 1 - TONUS ENERGY - SESSION LEVEL 1

Mode	Exercises	Reps or time	Series	Repos	Technique (refer to the video playlist of techniques if necessary)
Circuit	Squat bottles	10	4	1m30	Perform a squat and a shoulder press
	High knees	15 secondes			Dynamic, as fast as possible
	Push ups on knees	10			Full range
	Semi-Burpees	15 secondes			Dynamic, as fast as possible
	Hip Thrust	10			Contract the glutes for 3 seconds in concentric phase
	Climber	15 secondes			Dynamic, as fast as possible
	Legs raises	10			Legs stretched, contract the abdominal muscles

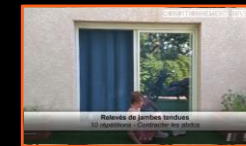
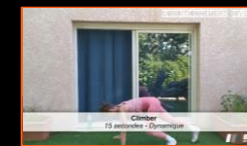


CLICK ON THE IMAGE TO FOLLOW THE LIVE SESSION WITH THE COACH

BODYWEIGHT

PHASE 1 - TONUS ENERGY - SESSION LEVEL 2

Mode	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Circuit	Squat bottles	15	4	1m15	Perform a squat and a shoulder press
	High Knees	20 secondes			Dynamic, as fast as possible
	Push ups on knees	15			Full range
	Semi-Burpees	20 secondes			Dynamic, as fast as possible
	Hip Thrust	15			Contract the glutes for 3 seconds in concentric phase
	Climber	20 secondes			Dynamic, as fast as possible
	Legs raises	15			Legs stretched, contract the abdominal muscles



CLICK ON THE IMAGE TO FOLLOW THE LIVE SESSION WITH THE COACH