

TRAINING PLAN

BODYWEIGHT – PHASE 2 – CURVATURE AND FIRMNESS

POSSIBLE ORGANIZATION BEGINNER : 2 SESSIONS + 1 MODULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
REST	SPORT SESSION LEVEL 1	REST	SPORT SESSION LEVEL 1	REST	ABS MODULE	REST

POSSIBLE INTERMEDIATE ORGANIZATION : 3 SESSIONS + 1 MODULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPORT SESSION LEVEL 1	REST	SPORT SESSION LEVEL 1	REST	SPORT SESSION LEVEL 1	ABS MODULE	REST

POSSIBLE ADVANCED ORGANIZATION 4 SESSIONS + 2 MODULES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SPORT SESSION LEVEL 1 OR 2	SPORT SESSION LEVEL 1 OR 2	ABS MODULE	SPORT SESSION LEVEL 1 OR 2	SPORT SESSION LEVEL 1 OR 2	ABS MODULE	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.

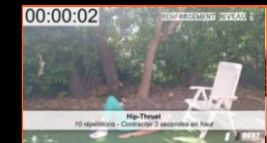
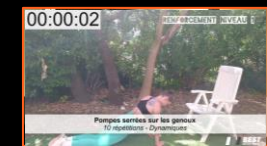
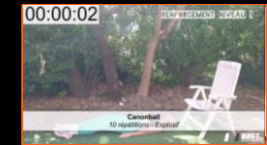
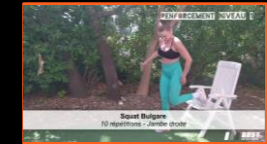


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BODYWEIGHT

PHASE 2 - CURVATURE AND FIRMNESS - LEVEL 1 SESSION

Mode	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Circuit	Bulgarian Squat	10	4	20 seconds between each exercise 1 m 30 between each lap	one leg after the other
	Sumo Squat	10			Perform a sumo squat with maximum amplitude
	Cannonball	10			Explosive
	Double movement lateral and frontal elevations	10			Do both movements in one, with two water bottles
	Tight push-ups on the knees	10			Dynamic, as fast as possible
	Harlow	10			Raise the buttocks and bring the arms back
	Hip Thrust	10			Contract the glutes for 3 seconds in concentric phase
	Abdominal strengthening 3 profils + superwoman	45" / 30" / 30" / 30"			Perform the 4 types of sleeves in a row



The complete live circuit can be found on the following page

BODYWEIGHT

PHASE 2 - CURVATURE AND FIRMNESS - LEVEL 1 SESSION

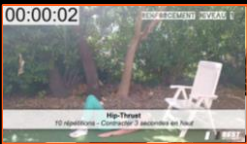
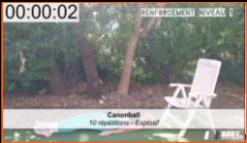
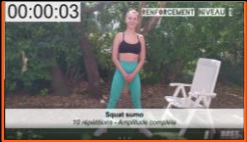
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FOLLOW THE LIVE SESSION
WITH THE COACH



BODYWEIGHT

PHASE 2 - CURVATURE AND FIRMNESS - LEVEL 2 SESSION

Mode	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Circuit	Bulgarian Squat	20	5	10 seconds between each exercise 1 m between each lap	one leg after the other
	Sumo Squat	20			Perform a sumo squat with maximum amplitude
	Cannonball	20			Explosive
	Double movement lateral and frontal elevations	20			Do both movements in one, with two water bottles
	Tight push-ups on the knees	20			Dynamic, as fast as possible
	Harlow	20			Raise the buttocks and bring the arms back
	Hip Thrust	20			Contract the glutes for 3 seconds in concentric phase
	Abdominal strengthening 3 profiles + superwoman	50" / 35 " / 35" / 35"			Perform the 4 types of sleeves in a row



The complete live circuit can be found on the following page

BODYWEIGHT

PHASE 2 - CURVATURE AND FIRMNESS - LEVEL 1 SESSION

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BODYWEIGHT

PHASE 2 - CURVATURE AND FIRMNESS - ABS MODULE

Muscles	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Abs	Double crunch	40	6	1'	Full amplitude - 2 seconds per phase
Abs	Straight legs raises	40	6	1'	Full amplitude - 2 seconds per phase
Abs	Knee lifts on bench or chair	20	6	1'30''	Rest-pause 1 sec in eccentric and concentric phase
Abs	Crunch rotation	20			Rest-pause 1 sec in eccentric and concentric phase
Abs	Climber	30 seconds			Dynamic. Contract the strap well during the exercise

**DOUBLE
CRUNCH**

**STRAIGHT
LEG
RAISES**

**KNEES
RAISES**

**CRUNCH
ROTATION**

CLIMBER

CLICK ON THE IMAGES TO LAUNCH
THE VIDEOS

BODYWEIGHT

PHASE 2 - CURVATURE AND FIRMNESS - MODULE GAINAGE

Muscles	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Gainage	Abs Front profile	55 seconds	5	1'15"	Do the 4 exercises without recovery and then take 30 seconds and start again
Gainage	Profil 1	40 seconds	CIRCUIT		
Gainage	Profil 2	40 seconds			
Gainage	Superman	40 seconds			
Cardio	Exercise of your choice (running, jumping rope, cycling...)	30 minutes			Target heart rate: $220 - \text{age} \times 0.7$ and maintain the rhythm

**ABS
3 PROFILES**

SUPERMAN

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