

BODYWEIGHT

BODYWEIGHT – PHASE 3 - DEFINITION

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.

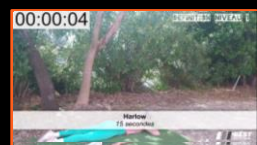
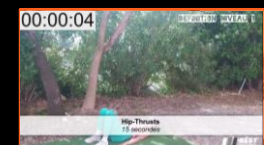
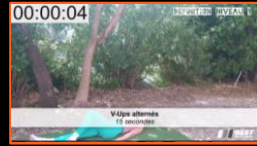
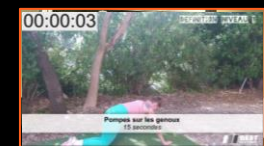
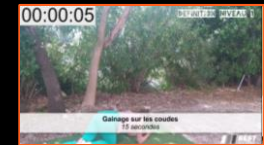


Click on the image to view the vidéo

BODYWEIGHT

PHASE 3 - DEFINITION - LEVEL 1 SESSION

Mode	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Circuit	Burpees	15 seconds	3	30 seconds between each exercise 1 m 30 between each lap	Dynamic, as fast as possible
	Sumo squat	15 seconds			Dynamic, as fast as possible
	Gainage on elbows	15 seconds			Dynamic, as fast as possible
	Bottle side elevations	15 seconds			Dynamic, as fast as possible
	Push-ups on the knees	15 seconds			Dynamic, as fast as possible
	V-Ups	15 seconds			Dynamic, as fast as possible
	Hip Thrust	15 seconds			Dynamic, as fast as possible
	Harlow	15 seconds			Dynamic, as fast as possible



The complete live circuit can be found on the following page

POIDS DE CORPS

PHASE 3 - DEFINITION - LEVEL 1 SESSION

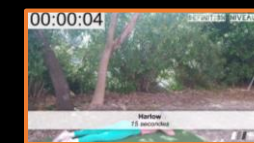
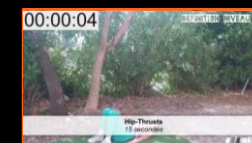
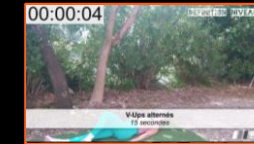
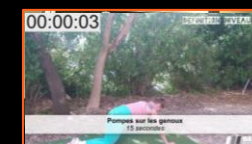
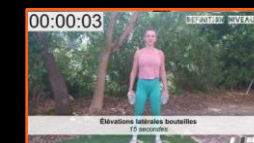
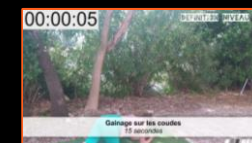
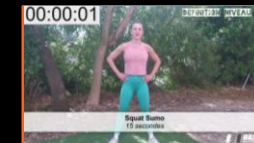
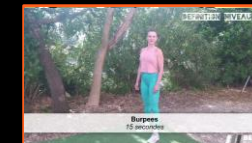
CLICK ON THE IMAGE TO
FOLLOW THE LIVE SESSION
WITH THE COACH



BODYWEIGHT

PHASE 3 - DEFINITION - LEVEL 1 SESSION

Mode	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Circuit	Burpees	20 seconds	4	20 seconds between each exercise 1 m between each lap	Dynamic, as fast as possible
	Sumo squat	20 seconds			Dynamic, as fast as possible
	Sheathing in movement on the elbows	20 seconds			Dynamic, as fast as possible
	Bottle side elevations	20 seconds			Dynamic, as fast as possible
	Push-ups on the knees	20 seconds			Dynamic, as fast as possible
	V-Ups	20 seconds			Dynamic, as fast as possible
	Hip Thrust	20 seconds			Dynamic, as fast as possible
	Harlow	20 seconds			Dynamic, as fast as possible



The complete live circuit can be found on the following page

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PHASE 3 - DEFINITION - LEVEL 1 SESSION

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PHASE 3 - DEFINITION - ABS MODULE

Muscles	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Abs	Double crunch	50	6	1'	Full range - 2 seconds per phases
Abs	Straight legs deadlift	50	6	1'	Full range - 2 seconds per phases
Abs	Knees lifts on bench or chair	50	6	1'30"	Full range - 2 seconds per phases
Abs	Crunch rotation	30			Full range - 2 seconds per phases
Abs	Climber	40 secondes			Dynamic. Contract the strap well during the exercise

DOUBLE
CRUNCH

STRAIGHT
LEG
RAISES

KNEES LIFTS
ON BENCH
OR CHAIR

CRUNCH
ROTATION

CLIMBER

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THE VIDEOS

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PHASE 3 - DEFINITION - GAINAGE MODULE

Muscles	Exercises	Reps or time	Series	Rest	Technique (refer to the video playlist of techniques if necessary)
Gainage	Gainage face	1 minute	5	1'15"	Do the 4 exercises without recovery and then take 30 seconds and start again
Gainage	Profil 1	50 seconds	CIRCUIT		
Gainage	Profil 2	50 seconds			
Gainage	Gainage Superwoman	50 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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