

Home Training Program

Y.L. ■■■ 12 ■ ■■ ■■■■■

■■■ + 500 kcal ■■ (■■■■)



$$\boxed{} \boxed{} \boxed{} \left(\boxed{} \boxed{} + \boxed{} \boxed{} \boxed{} \right)$$

■■■■: 60–70 kcal ■■■■■■■■: ■ 395 kcal (■■■■■■■■ 500 kcal ■■■■■■■■)

10 of 10

- ■■■ (Push-up) | 4■■ x 12■ | (12min)
 - ■ ■■■ (Hip Thrust) | 4■■ x 15■ | (12min)
 - ■■■ (Plank) | 4■■ x 45■ | (10min)
 - ■■■ ■■■ (Bicycle Crunch) | 4■■ x 20■ | (10min)
 - ■■■ ■■■ ■■■ ■■■ (Step Backward Dynamic Lunge) | 4■■ x 12■(■■) | (12min)

A horizontal row of 10 black squares, each representing a bit in a binary sequence. The sequence starts with a white square followed by nine black squares.

[REDACTED] [REDACTED] [REDACTED] ([REDACTED] . [REDACTED])

: 55–65 : 345 kcal

1

- ■ ■■■ (Hip Thrust) | 4■■ x 15■ | (10min)
 - ■■■ (Push-up) | 4■■ x 10–12■ | (10min)
 - ■■■ (Plank) | 4■■ x 40■ | (10min)
 - ■■■ (Good Morning) | 4■■ x 12■ | (10min)
 - ■■■ (Crunch) | 4■■ x 15■ | (10min)

■ ■ ■ ■ ■ (500kcal ■ ■ ■)

■ ■ ■ : 65–75 ■ ■ ■ ■ ■ ■ ■ : ■ 487 kcal (■ ■ ■ ■ ■ ■ ■ 500 kcal ■ ■ ■)

10

- ■■■ (Burpee) | 6■■ x 2■ (■■■) | (20min)
 - ■■■■ (Push-up) | 5■■ x 12■ | (15min)
 - ■■■■ (Plank) | 5■■ x 50■ | (12min)
 - ■■■■■ (Hip Thrust) | 5■■ x 15■ | (13min)

██████████; ██████████ ██████████, ██████████ ██████████ ██████████ ██████████ ██████████ ██████████ ██████████.

■■■■■ (A4 ■■■)

100 & 101

[REDACTED] [REDACTED], [REDACTED] [REDACTED], [REDACTED] [REDACTED], [REDACTED] [REDACTED] ■ 45 ■ ■. ■ 6 ■ ■.