**训练自查手册**

基本知识

每周应至少重训2次；

完整的训练流程：5~10分钟热身——重量锻炼——心肺锻炼；

6周全身紧致训练方案

参考资料：《女性健身全书》P397

训练计划A，B，C在每周分别进行一次

|  |  |  |  |
| --- | --- | --- | --- |
| 动作 | 次数 | 重复 | 备注 |
| 热身阶段 | | | |
| [手臂交叉](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412123828.png) | 5~10次 或30s | |  |
| Y/T平举 |  |
| [俯身侧向伸手](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412123856.png) |  |
| [左右摆腿](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124009.png) |  |
| [前后摆腿](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412123940.png) |  |
| 臀桥 | 用脚跟推地面，而不是脚趾； |
| 平板支撑 |  |
| [开合跳](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412123752.png) |  |
| 侧向滑步 |  |
| 囚徒深蹲 |  |
| 弓步侧弯 |  |
| 训练计划A | | | |
| 哑铃深蹲 | 12 | 2 |  |
| 俯卧撑 | 12 | 2 |  |
| [保加利亚式 哑铃弓步蹲](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124200.png) | 12 | 2 |  |
| [上斜哑铃卧推](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124257.png) | 12 | 2 |  |
| [悬垂举腿](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124419.png) | 12 | 2 | 需要单杠 |
| 休息 | 60s |  |  |
| [高脚杯深蹲](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124523.png) | 12 | 2 |  |
| [哑铃卧推](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124620.png) | 12 | 2 |  |
| [哑铃弓步](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124815.png) | 12 | 2 |  |
| [哑铃仰卧飞鸟](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412124922.png) | 12 | 2 |  |
| [V字两头起](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412125604.png) | 12 | 2 |  |
| 休息 | 60s |  |  |
| 训练计划B | | | |
| 单腿哑铃直腿硬拉 | 12 | 2 |  |
| 正握引体向上 | 12 | 2 |  |
| 绳索硬拉 | 12 | 2 |  |
| 绳索划船 | 12 | 2 |  |
| 单腿侧平板支撑 | 12 | 2 |  |
| 休息 | 60s |  |  |
| 杠铃划船 | 12 | 2 |  |
| 反握拉力器下拉 | 12 | 2 |  |
| 瑞士球臀桥加屈腿 | 12 | 2 |  |
| 俯身侧平举 | 12 | 2 |  |
| 站姿绳索卷腹 | 12 | 2 |  |
| 休息 | 60s |  |  |
| 训练计划C | | | |
| 单腿哑铃直腿硬拉 | 12 | 2 |  |
| 窄距俯卧撑 | 12 | 2 |  |
| 上斜哑铃卧推 | 12 | 2 |  |
| 哑铃登阶 | 12 | 2 |  |
| 侧平板支撑加划船 | 12 | 2 |  |
| 休息 | 60s |  |  |
| 侧平举 | 12 | 2 |  |
| 拉力器下拉 | 12 | 2 |  |
| 保加利亚式 哑铃弓步蹲 | 12 | 2 |  |
| 俯卧撑加划船 | 12 | 2 |  |
| 瑞士球前滚 | 12 | 2 |  |
| 休息 | 60s |  |  |
| 心肺锻炼 | | | |
| 冲刺 | 15s | 5min |  |
| 哑铃深蹲跳 | 15s |  |
| [哑铃劈砍](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412130020.png) | 15s |  |
| [单臂哑铃](https://fastly.jsdelivr.net/gh/ZhouWenjun2019/images/20230412130624.png) | 15s |  |
| 自重深蹲 | 24次 | 2 |  |
| 自重哑铃弓步 | 12次/侧 |  |
| 哑铃分腿跳 | 12次/侧 |  |
| 自重深蹲跳 | 24次 |  |
| 休息 | 该组时间\*2 |  |
| 自重深蹲跳 | 20s | 3 |  |
| 自重深蹲 | 20s |  |
| 静力训练式深蹲 | 30s | 降低身体，直到大腿平行于地面 |