

# Edzés

## Lose weight

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### **Beginner -3**

#### *Terv1*

1. Jumping Jacks 20
2. Standing Torso Twist 20
3. Butt Kicks 15-15
4. Mountain Climbers 15-15
5. High Knees 15-15
6. Plank Jack 20

#### *Terv2*

1. Jump rope 30
2. Running in Place 30 msp
3. High Knees 15-15
4. Mountain Climbers 15-15
5. Plank Jacks 20
6. Jumping Jacks 20

#### *Terv3*

1. No-Jump Burpee 5
2. Plank Tucks 10
3. Single-leg Hops 10
4. Mountain Climbers 15-15
5. Running in Place 30 msp
6. Standing Torso Twist 20

### **Intermediate -4**

#### *Terv1*

7. Marching in Place 30 msp
8. Skaters Jumps 15-15
9. Single-leg hops 20-20
10. Opposite elbow to Knee 20-20
11. Flutter kicks 20-20
12. Jumping Jacks 30

#### *Terv2*

7. Jump Rope 30 db
8. High knees 40-40 db
9. Butt Kicks 40-40 db
10. No-Jump Burpee 15 db

11. Jump Squats 20 db
12. Marching in Place 20 db

#### **Terv3**

1. Four-Count Push-Up 10 - kép szerk no jump + jumping jack vége
2. Side Shuffles 30
3. Boxer Shuffle 20-20
4. Opposite elbow to Knee 20-20
5. Marching in Place 30 msp
6. Single-leg hops 20-20

### **Advanced -5**

#### **Terv1**

13. Walk-Outs 40 msp
14. Side Shuffles 40 msp
15. Burpee 20
16. Jump Lunges 20-20
17. Boxer Shuffle 30-30
18. Skater Jumps 30-30

#### **Terv2**

13. Jump Squats 40
14. Single-leg Hops 50-50
15. Burpee 20
16. Plank Tucks 30
17. Opposite Elbow to Knee 30-30
18. Marching in Place 40 msp

#### **Terv3**

7. Jumping Jacks 50
8. Running in Place 60 msp
9. Mountain Climbers 50-50
10. Burpee 20
11. Jump Lunges 20-20
12. Marching in Place 40 msp

## Tone your body

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### Beginner -5

#### *Terv1 -teljes*

19. Squat 20
20. Lunge 15-15
21. Glute Bridge 10
22. Push-up 5
23. Shoulder Taps 10-10
24. Crunch 10

#### *Terv2 - alsó*

19. Fire Hydrant 10-10
20. Glute Bridge 10
21. Squat 20
22. Lunge 10-10
23. Sumo Squat 10
24. Lying Leg Lifts 10-10

#### *Terv3 - felső*

7. Triceps Dip 10
8. Bicep Curl (with Bottles/Weights) 10-10
9. Reverse Plank 20 msp
10. Side Plank 30 msp
11. Bicycle Crunch 15-15
12. Cobra Pose 30 msp

### Intermediate -6

#### *Terv1 -teljes*

25. Bulgarian Split Squat 10-10
26. Squat 30
27. Lateral Lunge 15-15
28. Toe Touch 20-20
29. Side Plank 30 msp
30. Cobra Pose 40 msp

#### *Terv2 - felső*

25. Squat 25
26. Lunge 30-30
27. Bulgarian Split Squat 10-10
28. Lying Leg Lifts 25-25
29. Fire Hydrant 10-10
30. Sumo Squat 20

### ***Terv3 - alsó***

13. Back Extensions 15
14. Triceps Dip 20
15. Push-up 15
16. Superman 20-20
17. Spider Crawl 15-15
18. Hammer Curl (with Bottles/Weights) 15-15

### **Advanced - 8**

#### ***Terv1 - teljes***

31. Pistol Squat 10-10
32. Sumo Squat 30
33. Single-Leg Glute Bridge 10-10
34. Superman 20-20
35. Spider Crawl (Dynamic) 20-20
36. Hammer Curl (with Bottles/Weights) 20-20

#### ***Terv2 - alsó***

31. Pistol Squat (Assisted) 10-10
32. Bulgarian Split Squat 15-15
33. Lunge 20-20
34. Single-Leg Glute Bridge 10-10
35. Sumo Squat 30
36. Fire Hydrant 20-20

#### ***Terv3 - felső***

19. Russian Twist 20-20
20. Side Plank 40 msp
21. Crunch 20
22. Bird-Dog 15-15
23. Superman 20-20
24. Bicep Curl (with Bottles/Weights) 15-15

## Build your muscles

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### Beginner - 3

#### *Terv1 -teljes*

- 37. Squat 30
- 38. Lunge 25-25
- 39. Glute Bridge 20
- 40. Push-up 10
- 41. Shoulder Taps 20-20
- 42. Crunch 20

#### *Terv2 - alsó*

- 37. Fire Hydrant 20-20
- 38. Glute Bridge 20
- 39. Squat 30
- 40. Lunge 20-20
- 41. Sumo Squat 20
- 42. Lying Leg Lifts 20-20

#### *Terv3 - felső*

- 13. Triceps Dip 20
- 14. Bicep Curl (with Bottles/Weights) 20-20
- 15. Reverse Plank 40 msp
- 16. Side Plank 40 msp
- 17. Bicycle Crunch 25-25
- 18. Cobra Pose 40 msp

### Intermediate - 4

#### *Terv1 -teljes*

- 43. Bulgarian Split Squat 10-10
- 44. Squat 40
- 45. Lateral Lunge 30-30
- 46. Toe Touch 40-40
- 47. Side Plank 60 msp
- 48. Cobra Pose 60 msp

#### *Terv2 - felső*

- 43. Squat 35
- 44. Lunge 40-40
- 45. Bulgarian Split Squat 20
- 46. Lying Leg Lifts 35-35
- 47. Fire Hydrant 20-20
- 48. Sumo Squat 30

### ***Terv3 - alsó***

- 25. Back Extensions 25
- 26. Triceps Dip 30
- 27. Push-up 25
- 28. Superman 30-30
- 29. Spider Crawl 25-25
- 30. Hammer Curl (with Bottles/Weights) 25-25

### **Advanced - 4**

#### ***Terv1 - teljes***

- 49. Pistol Squat 20-20
- 50. Sumo Squat 40
- 51. Single-Leg Glute Bridge 20-20
- 52. Superman 30-30
- 53. Spider Crawl (Dynamic) 30-30
- 54. Hammer Curl (with Bottles/Weights) 30-30

#### ***Terv2 - alsó***

- 49. Pistol Squat (Assisted) 20-20
- 50. Bulgarian Split Squat 25-25
- 51. Lunge 30-30
- 52. Single-Leg Glute Bridge 20-20
- 53. Sumo Squat 40
- 54. Fire Hydrant 30-30

#### ***Terv3 - felső***

- 31. Russian Twist 30-30
- 32. Side Plank 60 msp
- 33. Crunch 30
- 34. Bird-Dog 25-25
- 35. Superman 30-30
- 36. Bicep Curl (with Bottles/Weights) 25-25

## Mobilization - 60 msp

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### **Upper body**

1. Arm and Shoulder Circles
2. Chest Opener
3. Wrist Rotations
4. Scapular Push-ups
5. Crossover Shoulder Stretch
6. Neck Circles

### **Lower body**

1. Hip Circles
2. Ankle Rotations
3. Dynamic Hamstring Stretch
4. Knee Flexion and Extension
5. Butterfly Stretch (Dynamic)
6. Lateral Lunge Stretch (Side to Side)

### **Full body**

1. Cat-Cow Stretch
2. Kneeling Torso Rotations
3. World's Greatest Stretch
4. Side Bends (Standing)
5. Inchworm
6. Overhead Reach and Back Bend

## Morning stretching 120 msp

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### **Upper body**

7. Chest Stretch
8. Overhead Triceps Stretch
9. Cross-Body Shoulder Stretch
10. Lat Stretch (Hanging/Seated Bend)
11. Forearm Flexor/Extensor Stretch
12. Bicep Stretch (against Wall/Corner)

### **Lower body**

7. Seated Hamstring Stretch
8. Standing/Kneeling Quad Stretch
9. Figure-Four Stretch / Piriformis Stretch
10. Calf Stretch
11. Hip Flexor Stretch
12. Seated Wide-Leg Straddle Stretch

### **Full body**

7. Child's Pose
8. Supine Spinal Twist
9. Downward-Facing Dog
10. Eagle Arms
11. Neck Side Tilts
12. Full Body Stretch (Supine)



## Daily movement

### Plan1

13. Cat-Cow Stretch
14. Bird-Dog
15. Arm Swings and Circles
16. Standing Side Bend
17. Standing Torso Twist
18. Gentle Neck Rolls and Tilts

### Plan2

13. Standing Hip Circles
14. Light Marching in Place
15. Dynamic Inner Thigh Stretch
16. Ankle Rotations
17. Squat Warm-up (Shallow)
18. Walking on Heels and Toes

### Plan3

13. Superman (Short Hold)
14. World's Greatest Stretch (Slow)
15. Down Dog to Cobra Flow
16. Toe Touches (Standing)
17. Knee to Chest Pull (Supine)