

Edzés

Lose weight

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

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

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

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

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)