

BASIC LEVEL	
1°,2°,3°,4° weeks	5°,6°,7°8° weeks
Normal training	Circuit training
Exercise 1: 3x20" rec.30"	Exercise 1: 20"
Exercise 2: 3x20" rec.30"	Exercise 2: 20"
Exercise 3: 3x20" rec.30"	Exercise 3: 20"
Exercise 4: 3x20" rec.30"	Exercise 4: 20"
Exercise 5: 3x20" rec.30"	Exercise 5: 20"
	<b>Final Rec. 90"</b> <b>Repeat 3 round</b>
<b>Total time : 13'</b>	<b>Total time: 8'</b>

EASY LEVEL		MEDIUM LEVEL		ADVANCED LEVEL	
1°,2°,3°,4° weeks	5°,6°,7°8° weeks	1°,2°,3°,4° weeks	5°,6°,7°8° weeks	1°,2°,3°,4° weeks	5°,6°,7°8° weeks
Normal training	Circuit training	Normal training	Circuit training	Normal training	Circuit training
Exercise 1: 3x20"rec. 20"	Exercise 1: 25"	Exercise 1: 3x25"rec. 20"	Exercise 1: 30"	Exercise 1: 3x30"r. 20"	Exercise 1: 30"
Exercise 2: 3x20"rec. 20"	Exercise 2: 25"	Exercise 2: 3x25"rec. 20"	Exercise 2: 30"	Exercise 2: 3x30"r. 20"	Exercise 2: 30"
Exercise 3: 3x20"rec. 20"	Exercise 3: 25"	Exercise 3: 3x25"rec. 20"	Exercise 3: 30"	Exercise 3: 3x30"r. 20"	Exercise 3: 30"
Exercise 4: 3x20"rec. 20"	Exercise 4: 25"	Exercise 4: 3x25"rec. 20"	Exercise 4: 30"	Exercise 4: 3x30"r. 20"	Exercise 4: 30"
Exercise 5: 3x20"rec. 20"	Exercise 5: 25"	Exercise 11: 3x25"r. 20"	Exercise 11: 30"	Exercise 16: 3x30"r. 20"	Exercise 16: 30"
Exercise 6: 3x20"rec. 20"	Exercise 6: 25"	Exercise 12: 3x25"r. 20"	Exercise 12: 30"	Exercise 17: 3x30"r. 20"	Exercise 17: 30"
Exercise 7: 3x20"rec. 20"	Exercise 7: 25"	Exercise 13: 3x25"r. 20"	Exercise 13: 30"	Exercise 18: 3x30"r. 20"	Exercise 18: 30"
Exercise 8: 3x20"rec. 20"	Exercise 8: 25"	Exercise 14: 3x25"r. 20"	Exercise 14: 30"	Exercise 19: 3x30"r. 20"	Exercise 19: 30"
Exercise 9: 3x20"rec. 20"	Exercise 9: 25"	Exercise 15: 3x25"r. 20"	Exercise 15: 30"	Exercise 20: 3x30"r. 20"	Exercise 20: 30"
Exercise 10: 3x20" r. 20"	Exercise 10: 25"	Exercise 16: 3x25"r. 20"	Exercise 16: 30"	Exercise 21: 3x30"r. 20"	Exercise 21: 30"
	<b>Final Rec. 90"</b> <b>Repeat 3 loops</b>		<b>Rec. 60"</b> <b>Repeat 3 loops</b>		<b>Rec.45"</b> <b>Repeat 4 loops</b>
<b>Total time : 20'</b>	<b>Total time:16'</b>	<b>Total time : 22'</b>	<b>Total time:17'</b>	<b>Total time : 25'</b>	<b>Total time: 22'</b>

TOP LEVEL		OVER-THE-TOP LEVEL	
1°,2°,3°,4° weeks	5°,6°,7°8° weeks	1°,2°,3°,4° weeks	5°,6°,7°8° weeks
Normal training	Circuit training	Normal training	Circuit training
Exercise 1: 4x30"r. 20"	Exercise 1: 40"	Exercise 1: 4x30"r. 20"	Exercise 1: 40"
Exercise 26: 4x30"r. 20"	Exercise 26: 40"	Exercise 31: 4x30"r. 20"	Exercise 31: 40"
Exercise 22: 4x30"r. 20"	Exercise 22: 40"	Exercise 32: 4x30"r. 20"	Exercise 32: 40"
Exercise 23: 4x30"r. 20"	Exercise 23: 40"	Exercise 33: 4x30"r. 20"	Exercise 33: 40"
Exercise 24: 4x30"r. 20"	Exercise 24: 40"	Exercise 34: 4x30"r. 20"	Exercise 34: 40"
Exercise 25: 4x30"r. 20"	Exercise 25: 40"	Exercise 35: 4x30"r. 20"	Exercise 35: 40"
Exercise 27: 4x30"r. 20"	Exercise 27: 40"	Exercise 36: 4x30"r. 20"	Exercise 36: 40"
Exercise 28: 4x30"r. 20"	Exercise 28: 40"	Exercise 37: 4x30"r. 20"	Exercise 37: 40"
Exercise 29: 4x30"r. 20"	Exercise 29: 40"	Exercise 38: 4x30"r. 20"	Exercise 38: 40"
Exercise 30: 4x30"r. 20"	Exercise 30: 40"	Exercise 39: 4x30"r. 20"	Exercise 39: 40"
	<b>Rec. 30"</b> <b>Repeat 4 loops</b>		<b>Rec. 30"</b> <b>Repeat 4 loops</b>
<b>Total time : 33'</b>	<b>Total time: 28'</b>	<b>Total time : 33'</b>	<b>Total time: 28'</b>

