

Training 1

1 - CHESTS

1 - Dumbell Bench Press	4	Series
12-12-10-10		Repetitions
1m30		Break time

2 - Incline Bench Press	4	Series
10-10-8-8		Repetitions
1m30		Break time

3 - Fly	3	Series
12-12-10		Repetitions
1m30		Break time

4 - Dips	3	Series
12		Repetitions
1m		Break time

2 - QUADRICEPS

1 - Leg press	4	Series
15		Repetitions
1m30		Break time

2 - Squat	4	Series
15		Repetitions
1m30		Break time

3 - Leg extension	4	Series
15		Repetitions
1m30		Break time

3 - ABS & OBLIQUES

Crucifix (40s)/Break time (20s)

Mountain Climbers bloqued side (40s)/Break time (20s)

Knee and buttock raises (40s)/Break time (20s)

Lateral sheathing with twist (40s)/Break time (20s)

Lateral sheathing (other side) (40s)/Break time (20s)

Iron body in raised scissors (40s)/Break time (20s)

Russian twist (40s)/Break time (20s)