

SKILETICS® WORKOUT



"POWER ENDURANCE - UPPER BODY CONTRAST LOOP" ADVANCED

DURATION: CA. 85 MIN

WARM UP:

Easy running 10-20 minutes

MAIN PART:

1 loop consists of 9 stations, which are run through a total of 4 times.

After each loop a break of 3-5 minutes is made.

The following applies to each individual exercise:

Intensity: middle

Repetitions / Duration: 45 seconds

Direct change to the next station without a break.

The 9 stations per loop:

Exercise: „Push-Ups“

Exercise: „Double Poling“

Exercise: “Imitation V3”

Exercise: “Sit-Ups Extended“

Exercise: “Double Poling Extended”

Exercise: “Squat Jumps”

Exercise: “Dips“

Exercise: “Diagonal Poling”

Exercise: “Jumps”

COOL DOWN:

Easy running 15-20 minutes

