

# SKILETICS® WORKOUT



## "POWER PERFORMANCE - UPPER BODY CONTRAST LOOP" BEGINNER

**DURATION: CA. 60 MIN**

### **WARM UP:**

Easy running 10-20 minutes

### **MAIN PART:**

**1 loop consists of 9 stations, which are run through a total of 3-4 times. After each loop a break of 3-5 minutes is made.**

#### **Exercise: „Push-Ups“**

Intensity: High, impulsiv  
Repetitions: 15-20  
Set: 1

#### **Exercise: „Double Poling“**

Intensity: Maximum, explosiv  
Repetitions: 10-15  
Set: 1

*Active break 1 minute*

#### **Exercise: “Imitation V3”**

Intensity: Middle  
Repetitions: 5 left, 5 right  
Sets: 2  
Break: 1 minute

#### **Exercise: “Sit-Ups Extended“**

Intensity: High  
Repetitions: 15  
Sets: 1

#### **Exercise: “Double Poling Extended”**

Intensity: Maximum, explosiv  
Repetitions: 10  
Set: 1

*Active break 1 minute*

#### **Exercise: “Squat Jumps”**

Intensity: Middle  
Repetitions: 6  
Sets: 2  
Break: 1 minute

#### **Exercise: “Dips“**

Intensity: High, impulsiv  
Repetitions: 25-30  
Set: 1

#### **Exercise: “Diagonal Poling”**

Intensity: Maximum, explosiv  
Repetitions: 10  
Set: 1

*Active break 1 minute*

#### **Exercise: “Jumps”**

Intensity: Middle  
Repetitions: 4-5  
Sets: 2  
Break: 1 minute

### **COOL DOWN:**

Easy running 15-20 minutes

