

SKILETICS® WORKOUT



"POWER PERFORMANCE" BEGINNER

DURATION: CA. 60 MIN

WARM UP:

- Easy running 10 minutes
- Rope skipping 1-3 minutes

MAIN PART:

Exercise: „Double Poling Extended“ (ca. 5 Min)

Intensity: Maximum
Repetitions: 15-20
Sets: 3
Break: 1 minute

Active break 1-3 minutes (1-3 Min)

Exercise: „Jumps“ (ca. 5 Min)

Intensity: Maximum
Repetitions: 5
Sets: 3
Break: 0,5-1 minutes

Active break 1-3 minutes (1-3 Min)

Exercise: “Dips One-Legged” (ca. 5 Min)

Intensity: Maximum (down slow/explosiv up)
Repetitions: 15-20
Sets: 3
Break: 1 minutes

Active break 1-3 minutes (1-3 Min)

Exercise: “Kettlebell Cross” (ca. 5 Min)

Intensity: Maximum
Repetitions: 20
Sets: 3
Break: 1-2 minutes

Active break 1-3 minutes (1-3 Min)

Exercise: “Push-Ups Extended” (ca. 5 Min)

Intensity: Maximum
Repetitions: 15-20
Sets: 3
Break: 1-2 minutes

COOL DOWN:

Easy running 10-15 minutes

