

HOME FITNESS BODYWEIGHT | 7 DAYS CHALLENGE

DAY 1



NAME SURNAME DATE TIME AM PM

PRE WORKOUT MONITORING

PHYSIOLOGICAL PARAMETERS

BODY & MIND SELF CHECK

1' BREATHING TEST 1' HEART RATE TEST

HOW DO YOU FEEL YOUR BODY? 1 > 5 HOW IS YOUR TRAINING MOOD? 1 > 5

[\(click here for watching video instructions\)](#)

1 - very weak | 2 - weak | 3 - good | 4 - very good | 5 - super-hero!

ATTENTION!!! Even if one of them is "1", postpone your workout! Rest Day or Recovery Training could be better for you;-)

COACHING GUIDE

>> Click on the exercise for more details (video, pics, variations,...) <<

DAY 1 WARM UP	SET 1			SET 2		
	Reps	TUT	Rest	Reps	TUT	Rest
BRIDGE	6-8	8"	30"	6	12"	15"
QUAD PLANK	3	6"	30"	3	10"	15"
MW PRE SQUAT MOBILITY	6-8	4"	30"	6	6"	15"
ALT REVERSE LUNGES	6+6	3"	30"	6+6	5"	Finish:-)
NOTES						

Reps = number of repetitions TUT = Time Under Tension Rest = Rest Time After Exercise

DAY 1 WORKOUT	SET 1			1'	SET 2			1'	SET 3		
	Reps	TUT	Rest		Reps	TUT	Rest		Reps	TUT	Rest
MW SQUAT MOBILITY + STATIC	6	10"	30"	Rest between SETS:	8	10"	20"	Rest between SETS:	8	10"-15"	15"
ALT SLIDING REVERSE LUNGES	6+6	2"	30"		8+8	2"	20"		8+8	3"-4"	15"
QUAD + ALT SLIDING LOWER BODY	4+4	2"	30"		6+6	2"	20"		6+6	3"-4"	15"
SLIDING BRIDGE	6	4"	30"		6	6"	20"		8	6"	15"
MW HALF KNEELING HIP 45	3+3	4"	Finish:-)		4+4	6"-5"			5+5	5"-6"	Finish:-)
NOTES											

TEST YOUR LEVEL! EXERCISE CHALLENGE OF THE DAY

>> [CLICK HERE TO ACCESS THE VIDEO INSTRUCTIONS](#) <<

	Steps Completed	POINTS
STEP 1		1
STEP 1 + STEP 2		2
STEP 1 + STEP 2 + STEP 3		3

RECORD YOUR SCORE! HOW MANY STEPS DID YOU COMPLETED?

Insert the "X" symbol into the "Steps Completed" column

PERSONAL DIARY

DAY 1 WARM UP	SET 1			SET 2			SET 3		
	Reps	TUT	Rest	Reps	TUT	Rest	Reps	TUT	Rest
BRIDGE									
QUAD PLANK									
MW PRE SQUAT MOBILITY									
ALT REVERSE LUNGES									
NOTES									

PERSONAL NOTES

DAY 1 WORKOUT	SET 1			Rest between SETS:	SET 2			Rest between SETS:	SET 3			Rest between SETS:	SET 4			Rest between SETS:	SET 5			Rest between SETS:	SET 6						
	Reps	TUT	Rest		Reps	TUT	Rest		Reps	TUT	Rest		Reps	TUT	Rest		Reps	TUT	Rest		Reps	TUT	Rest				
MW SQUAT MOBILITY + STATIC				Rest between SETS:				Rest between SETS:				Rest between SETS:				Rest between SETS:				Rest between SETS:							
ALT SLIDING REVERSE LUNGES																											
QUAD + ALT SLIDING LOWER BODY																											
SLIDING BRIDGE																											
MW HALF KNEELING HIP 45																											
NOTES																											

POST WORKOUT MONITORING

1' HEART RATE TEST (immediately after WO) 1' HEART RATE TEST (3' min after RBT) 1' HEART RATE TEST (5' min after RBT) 1' BREATHING TEST (5'-6' min post WO)

RBT = Recovery Breathing Techniques

>> [CLICK HERE AND COMPLETE YOUR FEEDBACK POST-WORKOUT QUESTIONNAIRE](#) <<