

HOME FITNESS BODYWEIGHT | 7 DAYS CHALLENGE

DAY 2

NAME

SURNAME

DATE
dd mm yy

TIME
hh min AM PM



PRE WORKOUT MONITORING

PHYSIOLOGICAL PARAMETERS

1' BREATHING TEST

1' HEART RATE TEST

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

BODY & MIND SELF CHECK

HOW DO YOU FEEL YOUR BODY? 1 > 5

HOW IS YOUR TRAINING MOOD? 1 > 5

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 2 WARM UP	SET 1			SET 2		
	Reps	TUT	Rest	Reps	TUT	Rest
SQUAT MOBILITY TO BUTTERFLY	6	3"	30"	8	3"	15"
PRE TWIST LUNGES (L2)	6+6	3"	30"	8+8	3"	15"
SLD QUAD TO HANDS PLANK (L1)	4	3"	30"	6	3"	15"
BW SWING PRE 1	6	3"	go to SET 2	8	3"	Finish:-)
NOTES						

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

DAY 2 WORKOUT	SET 1			30"	SET 2			15"	SET 3		
	Reps	TUT	Rest		Reps	TUT	Rest		Reps	TUT	Rest
BW SWING PRE 2	6	3"	30"	Rest between SETS:	6	4"	20"	Rest between SETS:	8	3"	15"
SLD QUAD TO HANDS PLANK (L2)	6	4"	30"		8	4"	20"		10	2"	15"
HANDS PLANK TO BUTT SQUAT	6	4"+4"	30"		8	4"+4"	20"		10	2"+2"	15"
SLD TWIST LUNGES + NUKITE (L1)	6+6	2"	30"	Rest between SETS:	6+6	3"	20"	Rest between SETS:	8+8	3"	15"
STANDING BALANCE CIRCLES	3+3	8"	go to SET 2		4+4	8"	go to SET 3		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 2 WARM UP	SET 1			SET 2			SET 3		
	Reps	TUT	Rest	Reps	TUT	Rest	Reps	TUT	Rest
SQUAT MOBILITY TO BUTTERFLY									
PRE TWIST LUNGES (L2)									
SLD QUAD TO HANDS PLANK (L1)									
BW SWING PRE 1									
NOTES									

PERSONAL NOTES

DAY 2 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				
BW SWING PRE 2				Rest between SETS:				Rest between SETS:				Rest between SETS:				Rest between SETS:				Rest between SETS:							
SLD QUAD TO HANDS PLANK (L2)																											
HANDS PLANK TO BUTT SQUAT																											
SLD TWIST LUNGES + NUKITE (L1)				Rest between SETS:				Rest between SETS:				Rest between SETS:				Rest between SETS:				Rest between SETS:							
STANDING BALANCE CIRCLES																											
NOTES																											

POST WORKOUT MONITORING

1' HEART RATE TEST (immediately after WO)

1' HEART RATE TEST (3' min after RBT)

RBT = Recovery Breathing Techniques

1' HEART RATE TEST (5' min after RBT)

1' BREATHING TEST (5'-6' min post WO)

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