

HOME FITNESS BODYWEIGHT | 7 DAYS CHALLENGE

DAY 3



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 3 WARM UP | SET 1 | | | SET 2 | | |
|-----------------------------|-------|-----|-------------|-------|-----|-----------|
| | Reps | TUT | Rest | Reps | TUT | Rest |
| BRIDGE: ALT SINGLE LEG LIFT | 6+6 | 3" | 30" | 4+4 | 4" | 15" |
| QUAD ALT LB LATERAL SLIDING | 6+6 | 3" | 30" | 8+8 | 3" | 15" |
| SPLIT SQUAT (LEV.1+LEV.2) | 6+6 | 3" | 30" | 8+8 | 3" | 15" |
| MW SQUAT MOBILITY TWIST 1 | 4+4 | 3" | go to SET 2 | 6+6 | 3" | Finish:-) |
| NOTES | | | | | | |

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

| DAY 3 WORKOUT | SET 1 | | | 30" | SET 2 | | | 15" | SET 3 | | |
|----------------------------------|-------|-----|-------------|--------------------|-------|----------|-------------|--------------------|-------|----------|-----------|
| | Reps | TUT | Rest | | Reps | TUT | Rest | | Reps | TUT | Rest |
| BUTTERFLY SQUAT | 8 | 3" | 30" | Rest between SETS: | 10 | 3" | 20" | Rest between SETS: | 12 | 3" | 15" |
| STANDING TO HALF KN LB CIRCLES | 6+6 | 3" | 30" | | 8+8 | 3" | 20" | | 10+10 | 1" | 15" |
| HANDS PLANK + LB LAT SLD (L1+L2) | 8+8 | 1" | 30" | | 10+10 | Touch&Go | 20" | | 12+12 | Touch&Go | 15" |
| SINGLE LEG BRIDGE (L1+L2+L3) | 6+6 | 3" | 30" | | 8+8 | 2" | 20" | | 10+10 | 1" | 15" |
| PRE SIDE KICK (LEV.1) | 6+6 | 3" | go to SET 2 | | 8+8 | 2" | go to SET 3 | | 10+10 | 1" | 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 3 WARM UP | SET 1 | | | SET 2 | | | SET 3 | | |
|-----------------------------|-------|-----|------|-------|-----|------|-------|-----|------|
| | Reps | TUT | Rest | Reps | TUT | Rest | Reps | TUT | Rest |
| BRIDGE: ALT SINGLE LEG LIFT | | | | | | | | | |
| QUAD ALT LB LATERAL SLIDING | | | | | | | | | |
| SPLIT SQUAT (LEV.1+LEV.2) | | | | | | | | | |
| MW SQUAT MOBILITY TWIST 1 | | | | | | | | | |
| NOTES | | | | | | | | | |

PERSONAL NOTES

| DAY 3 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 | | | | |
| BUTTERFLY SQUAT | | | | Rest between SETS: | | | | Rest between SETS: | | | | Rest between SETS: | | | | Rest between SETS: | | | | Rest between SETS: | | | | | | | |
| STANDING TO HALF KN LB CIRCLES | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| HANDS PLANK + LB LAT SLD (L1+L2) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| SINGLE LEG BRIDGE (L1+L2+L3) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| PRE SIDE KICK (LEV.1) | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 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](#) <<