

HOME FITNESS BODYWEIGHT | 7 DAYS CHALLENGE

DAY 3



NAME

SURNAME

DATE
dd mm yy

TIME
hh min

PRE WORKOUT MONITORING

PHYSIOLOGICAL PARAMETERS

1' BREATHING TEST

1' HEART RATE TEST

BODY & MIND SELF CHECK

COME TI SENTI FISICAMENTE? (*) 1 > 5

COME TI SENTI MENTALMENTE? 1 > 5

1 - Molto debole | 2 - un pò stanco | 3 - bene | 4 - molto bene | 5 - benissimo

(*) ATTENZIONE!!! Se il valore è 1, rimandare l'allenamento!

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)

>> COMPLETA ORA IL QUESTIONARIO DI FEEDBACK POST-WORKOUT CLICCANDO QUI <<