

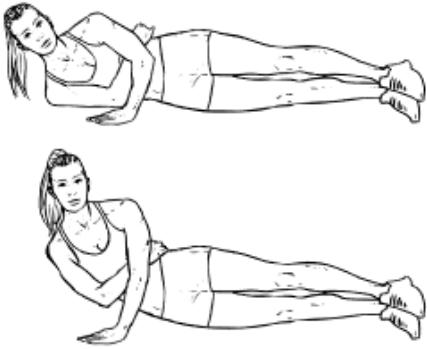
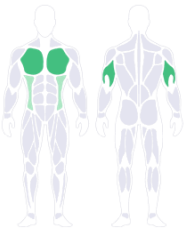


TRAINING SESSION

**(augmentation of legs and buttocks muscles +
combined exercises with the abdomen)**

WARM UP – 5 m

Time	Name Activity + Description	Graphic representation + Benefit
60s	<p>Crab Toe Touches</p> <p>Sit on the floor with your feet in front of you and hands behind you. Your fingers can be pointed towards the side or behind you. With your feet on the floor, lift your hips skyward. Pause when your body is parallel with the floor.</p> <p>Focusing on contracting the core first, bring your right hand up while simultaneously lifting your left leg up. Touch your right hand to your left toes.</p> <p>Slowly return to the elevated position and switch sides. Bring your left hand to your right toes. Keep alternating back and forth.</p>	 <p>Primary muscle group(s): Hamstrings, Lower Back, Quadriceps, Shoulders, Upper Back & Lower Traps</p> <p>Secondary: Abs, Calves, Obliques</p> 
60s	<p>One Arm Side Push Ups</p> <p>Lay on your left side on a yoga/exercise mat or towel with your right arm bent and its palm flat on the ground in front of your left shoulder.</p> <p>Wrap your left arm around your rib cage and bend your knees slightly.</p> <p>Push with your right arm and allow your body to raise off the ground as you push.</p> <p>Once your right arm is almost fully extended, hold for a second before slowly lowering yourself back down to the floor.</p> <p>Repeat for the designated number of reps before performing the same movement with your left arm.</p>	 <p>Primary muscle group(s): Chest, Triceps</p> <p>Secondary: Obliques</p> 

60s

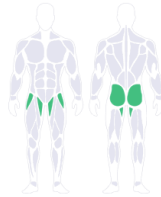
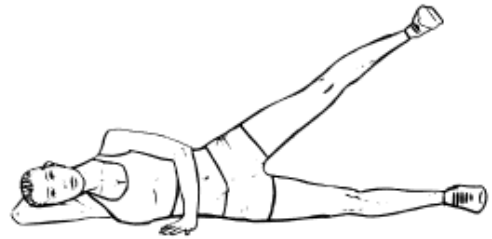
Lying Side Leg Lifts / Lateral Raises / Hip Abductors / Adductors

Lie on your right side on top of a yoga mat or other soft surface.

Brace your core and make sure your body is in a straight line. Keep your right hand on the ground and your left hand on your hip.

Slowly lift the left leg into the air, keeping it straight during the exercise.

Slowly lower your left leg. Complete the set then repeat with the other leg.



Primary muscle group(s):
Glutes & Hip Flexors

60s

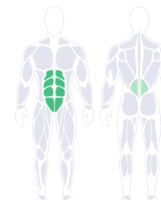
Lying Leg Raises / Lifts

Lie on your back on a mat with hands under your lower buttocks on either side to support your pelvis.

Legs straight out in front of you, ankles together and feet slightly off the floor.

Keep your knees straight and raise your legs by flexing the hips until they are completely flexed.

Return to starting position.



Primary muscle group(s):
Abs
Secondary:
Lower Back

60s

Kettlebell Windmills

Safely clean and press a kettlebell overhead.

Keep the kettlebell above you. Your elbow should be locked out.

Now push your butt toward the arm with the kettlebell. Bend from the hips, reaching for the floor with the opposite hand. Keep your gaze on the kettlebell during the movement.

Once you touch the floor, pause, make sure the arm is still locked out, and return to the starting position.



Primary muscle group(s):
Abs, Obliques
Secondary:
Glutes & Hip Flexors, Hamstrings, Shoulders, Triceps

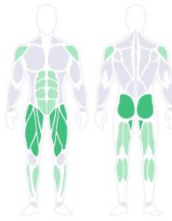
60s

Jumping Jacks / Star Jumps

Stand with your feet together, arms fully extended with your hands by your sides. This is the start position. Bend your knees slightly then straighten and push through the balls of your feet while straightening your your knees to jump up spreading your legs to wider than hip width apart.

As you do so, raise both arms out and up in a smooth arc until your hands meet above your head. As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.

Continue without pause for the desired amount of time or repetitions.



Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps
Secondary:
Abs, Calves, Hamstrings, Shoulders

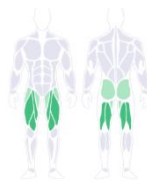
60s

Butt Kicks

Standing tall with a tight core and flat back, you will begin the dynamic stretching exercise as if you were running in place. Keep the knees slightly bent at all times. Start slowly and work up to a faster speed.

Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side.

Continue this back and forth motion, keeping your arms swinging in motion.



Primary muscle group(s):
Hamstrings, Quadriceps
Secondary:
Glutes & Hip Flexors

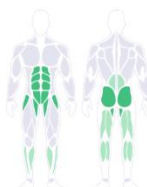
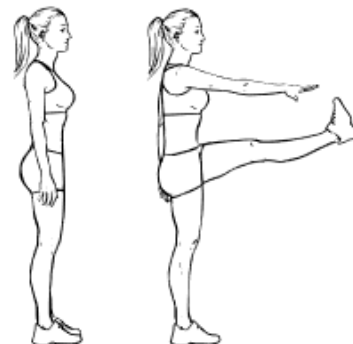
60s

Walking High Kicks

Begin by standing tall with your feet placed shoulder-width apart.

Maintain this posture as you raise your right knee as high as you can and step forward. Try not to round your lower back.


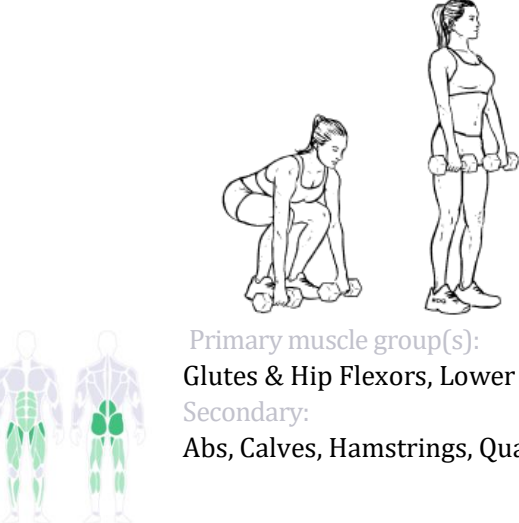
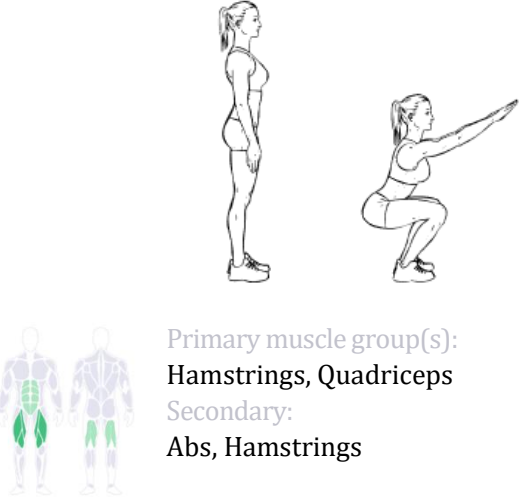
Repeat with the left leg and continue to alternate legs as you walk.



Primary muscle group(s):
Abs, Glutes & Hip Flexors
Secondary:
Calves, Hamstrings, Lower Back

0,60s x 8 = 4,8 prox a 5m

MAIN PART – 45 m

Time	Name Activity + Description	Graphic representation + Benefit
<p>1m Pause 5s</p>	<p>Single Straight Leg Dumbbell Deadlift</p> <p>Stand tall with a tight core while holding a pair of dumbbells. Keeping your chest up and your gaze straight ahead, shift all of your body weight to your left foot. Bend the right knee, allowing the right foot to lift off the ground.</p> <p>Maintaining a flat back, tilt your upper body forward. Do not allow the dumbbells to pull you down. Control your descent. Simultaneously, allow the right foot to counterbalance the shift in weight.</p>	 <p>Primary muscle: Hamstrings Secondary: Abs, Calves, Glutes & Hip Flexors</p>
<p>80s Pause 5s</p>	<p>Dumbbell Deadlifts</p> <p>Stand facing the dumbbells with your feet shoulder-width apart. Bend knees and hips to lower your torso in a squatting movement, keep your back straight.</p> <p>At the bottom of the squat grip the dumbbells with an overhand grip, keeping your arms fully extended.</p> <p>Return to an upright position holding the dumbbells with your palms facing towards your body and extending your hips forward. Do not round your back.</p> <p>Return the dumbbells to the floor, in the same manner, you picked them up. Repeat.</p>	 <p>Primary muscle group(s): Glutes & Hip Flexors, Lower Back Secondary: Abs, Calves, Hamstrings, Quadriceps</p>
<p>1:30 Pause 5s</p>	<p>Air Squats</p> <p>Place your feet at shoulder width apart while keeping your chest up and your abdominals braced. Begin the movement by swinging your arms up towards your shoulders. At the same time, bend at the knees and drive your hips back like you're sitting in a chair.</p> <p>Once your upper thighs are parallel with the ground, pause, then drive your hips forward to return to the starting position.</p>	 <p>Primary muscle group(s): Hamstrings, Quadriceps Secondary: Abs, Hamstrings</p>

1m
Pause 5s

Two-Arm Kettlebell Squat Swings

Hold a kettlebell with both hands in an overhand grip. Stand straight, with your legs slightly wider than shoulder-width apart. Lean forward at your waist slightly and bend your knees as if getting ready to squat. Keep your back arched and your head facing forward. Let your arms hang loosely. Swing the kettlebell back between your legs while exhaling.

In an explosive movement, force the kettle forward and back up in front of you, above head height by thrusting forward with your hips and rotating your shoulders. Continue for the desired number of repetitions or time.



Primary muscle group(s):

Glutes & Hip Flexors, Quadriceps, Shoulders

Secondary:

Abs, Calves, Hamstrings, Lower Back



80s
Pause 5s

Mountain Climbers

Place your hands flat on the floor, shoulder-width apart. Extend your torso and legs fully behind you with only your toes and balls of your feet touching the floor. Your body should be in a straight line, with your weight supported on your hands and toes only. Starting with either leg, flex your knee and hip at the same time to bring your knee up and under your hip.

Your other leg should remain fully extended. This is the start position. Using an explosive movement, reverse the position of your legs, by extending the bent leg back and simultaneously flexing the straight leg until it is in the start position. Continue alternating in this manner for the desired amount of time.



Primary muscle group(s):

Abs, Glutes & Hip Flexors

Secondary:

Chest, Shoulders



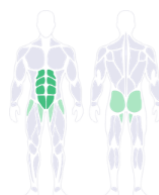
80s
Pause 5s

Plank Leg Lifts

Lie on a mat and position yourself in a plank position. Place your elbows on the floor beneath your shoulders. Your toes should touch the floor and your torso should be lifted in a straight line.

Engage your core muscles and lift one foot off the floor. Keep the rest of your body as still as you can. Your heel should lift until it is in line with your buttocks.

Slowly lower the leg to the starting position and repeat with the other leg.

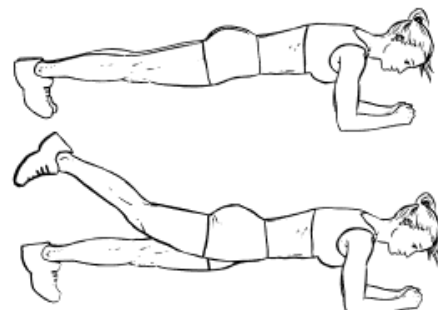


Primary muscle group(s):

Abs

Secondary:

Glutes & Hip Flexors



1m
Pause 5s

Plank to Push-Up

Start in the plank position with your elbows shoulder-width apart.

Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line. Slowly return to the starting plank position the same way, one arm at a time.

Repeat the movement alternating sides.



Primary muscle group(s):

Abs, Shoulders

1m
Pause 5s

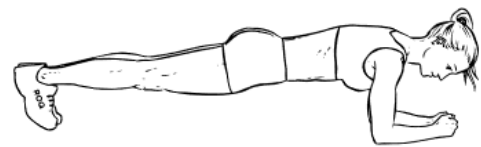
Plank

Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees.

Extend your legs straight out behind you, supporting them on your toes and balls of your feet.

Keep your body in a straight line by tightening your abdominal and oblique muscles.

Hold for as long as possible.



Primary muscle group(s):

Abs

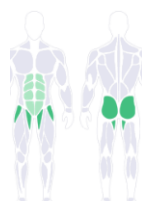
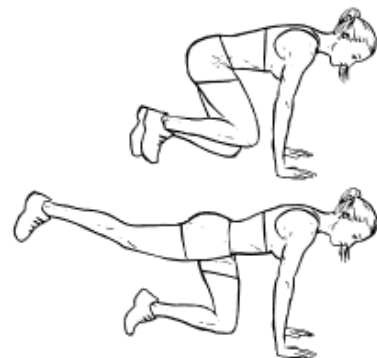
80s
Pause 5s

Donkey Kicks

Position yourself on all fours on a mat. Position your hands underneath your shoulders and place your knees under your hips.

Keep your right knee bent at 90 degrees and flex the foot as you lift the knee until it is level with the hip. Lower the knee without touching the floor and repeat the lift.

Once you've completed the reps on the right leg, switch legs.



Primary muscle group(s):

Glutes & Hip Flexors

Secondary:

Abs

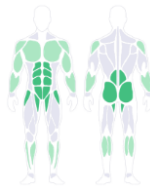
1 m
Pause 5s

Inchworms / Walkouts

Stand tall with your legs extended straight. Bend over from the hips and touch the floor with your palms flat on the floor.

Keep your legs straight as you walk your hands as far forward as you can. Don't let your hips sag. Take small steps and walk your feet to your hands.

Continue for the desired amount of repetitions and then straighten up to the starting position.



Primary muscle group(s):

Abs, Glutes & Hip Flexors, Lower Back

Secondary:

Biceps, Calves, Chest, Forearms, Shoulders

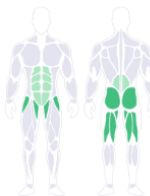
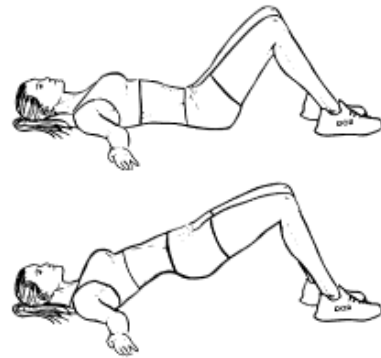
80s
Pause 5s

Hip Raises / Butt Lift / Bridges

Lie on an exercise mat with your knees bent so that your feet are flat on the floor. Keep your back straight. Place your hands out to your sides palms flat for stability. Raise your glutes off the floor by extending your hips upward while pushing down through you heels.

Continue until your back, hips and thighs are in a straight line. Hold for a count of one. Return to the start position by lowering your hips back to the floor.

Pause then repeat



Primary muscle group(s):

Glutes & Hip Flexors, Hamstrings

Secondary:

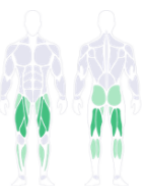
Abs, Lower Back

80s
Pause 5s

Alternating Curtsy Lunge

Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width. Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground.

Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.



Primary muscle group(s):

Hamstrings, Quadriceps

Secondary:

Calves, Glutes & Hip Flexors

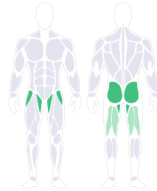
80s
Pause 5s

Groiners

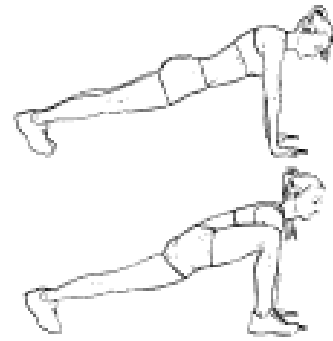
Begin in a push-up position with your hands directly beneath your shoulders. Your legs will be straight behind you and your core will be contracted.

Maintain a flat back as you bring your right foot forward and place it next to your right hand. Bend the left knee.

Hold this stretch for 20 to 40 seconds. Return your right foot behind you and bring your left foot forward. Continue alternating.



Primary muscle group(s):
Glutes & Hip Flexors
Secondary:
Hamstrings



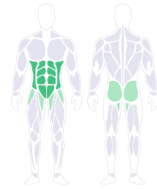
80s
Pause 5s

Double Side Jackknives

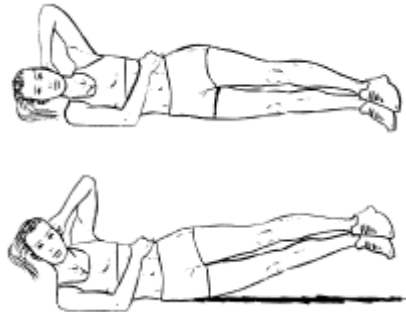
Bring yourself to the ground and lie on your left side. Be sure to stack your feet. Place your left hand on your side while raising your right arm above your head so that the elbow is pointing towards the sky. Focusing all of the tension and contraction in the obliques, bring your feet up while you raise your upper body. Lead with the right elbow.

Hold the contraction and slowly return to the starting position. Do not allow your feet or shoulder to touch the ground.

Repeat.



Primary muscle group(s):
Abs, Obliques
Secondary:
Glutes & Hip Flexors



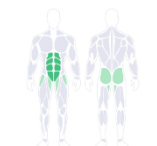
80s
Pause 5s

Flutter Kicks

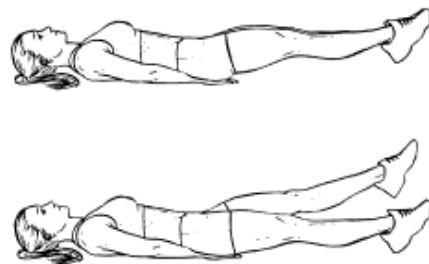
Lie on a mat with your hands under your buttocks and raise your legs slightly, keeping knees straight and ankles together.

Keep abs engaged and perform short kicks in an alternating fashion.

Repeat as needed and then lower legs to the ground.



Primary muscle group(s):
Abs
Secondary:
Glutes & Hip Flexors

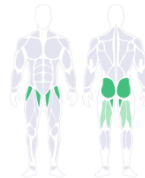


80s
Pause 5s

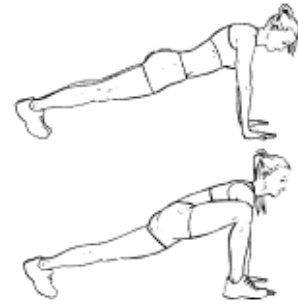
Groiners

Begin in a push-up position with your hands directly beneath your shoulders. Your legs will be straight behind you and your core will be contracted. Maintain a flat back as you bring your right foot forward and place it next to your right hand. Bend the left knee.

Hold this stretch for 20 to 40 seconds. Return your right foot behind you and bring your left foot forward. Continue alternating.



Primary muscle group(s):
Glutes & Hip Flexors
Secondary:
Hamstrings



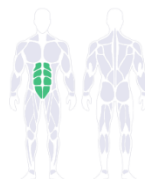
1:30 m
Pause 5s

Plank Shoulder Taps / Planks

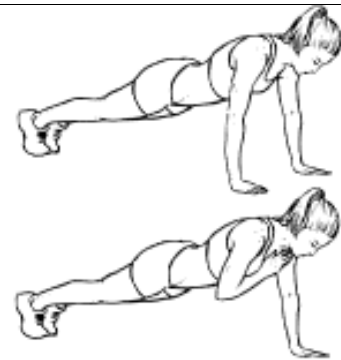
Lock yourself in the plank push-up position ensuring that your body forms a straight line from shoulders to heels.

Bring your right arm off the ground and touch your left shoulder before placing it back on the ground.

Repeat the same movement for the opposing arm.



Primary muscle group(s):
Abs

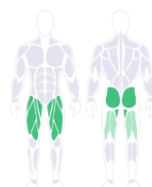


80s
Pause 5s

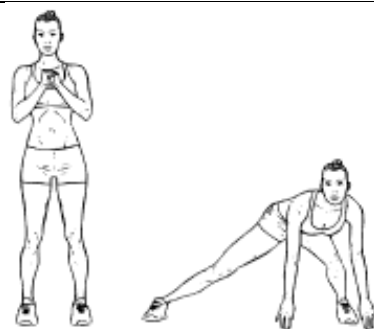
Lateral Lunges to Floor Touch

Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance. Step directly to the left, leaving your right foot in place. Bend the left knee and reach down to the floor once the upper left thigh is parallel to the ground. Try to keep you back strong as you reach. Your right leg should be completely straight.

Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side.


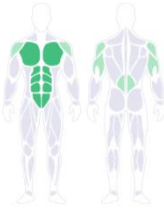
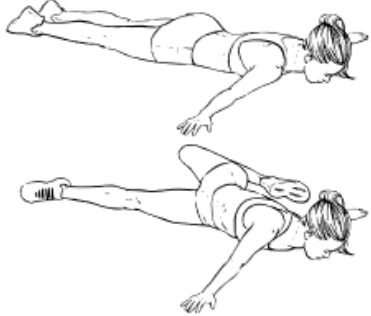
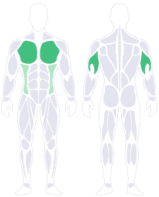


Primary muscle group(s):
Glutes & Hip Flexors, Quadriceps
Secondary:
Hamstrings



2 sets = 18 exercises x 2 = 32,8 minutes
breaks between exercises = 5 seconds x 18 exercises = 9 minutes
TOTAL: 32,8 + 9 = 41 m prox

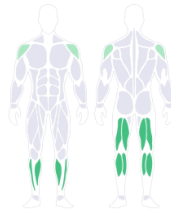
COLD DOWN – 5 m

Time	Name Activity + Description	Graphic representation + Benefit
60s	<p>Gluteus / Glute / Gluteal Stretch</p> <p>Lie on your back on a mat or soft surface. Bend your left knee then cross your right leg over so that your right shin is resting on your left knee.</p> <p>Place your right hand through your legs and your left hand on the outside of your legs. Grab your left shin with both hands.</p> <p>Remain on the ground and gently pull your left shin towards yourself. Return to the starting position and repeat on the other side</p>	 <p>Primary muscle group(s): Glutes & Hip Flexors Secondary: Shoulders</p> 
60s	<p>Scorpion Stretch</p> <p>Lie face down on a mat or soft surface. Place your hands at your sides for balance.</p> <p>Keeping your shoulders touching the ground, raise the left foot straight up into the air. Bend at the knee and bring your left foot over to your right side. Tap the ground with your toes.</p> <p>Return the left leg to the ground and repeat on the other side.</p>	 <p>Primary muscle group(s): Lower Back Secondary: Glutes & Hip Flexors</p> 

60s

Ragdoll / Forward Bend / Fold Stretch / Toe Touches

Stand tall with your feet together and arms at your sides. Slowly, bend at the hips while keeping your knees engaged. Allow your upper body to hang over. Let your arms drop as well, dangling in front of you. Once you're fully bent over and your hands are at your toes, pause and feel the stretch in your hamstrings. (Optional: Flatten your back for 5 seconds then return to this position) Once you hold the stretch for up to 30 seconds, return to the starting position.



Primary muscle group(s):
Calves, Hamstrings
Secondary:
Shoulders

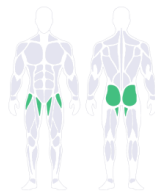
60s

Kneeling Hip Flexor Stretch

Step forward with the left leg as your right knee comes all the way to the ground. Flatten your right foot out so the toes are pointing behind you.

Placing your hands on your sides, gently push your hips slightly forward. You will feel the stretch in your right hip flexor.

Switch sides and repeat.



Primary muscle group(s):
Glutes & Hip Flexors

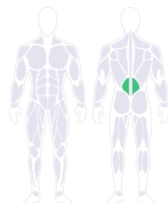
60s

Knee-to-Chest Lower Back Stretch

Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor. Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back.

Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed. Hold the stretch and then release the leg to starting position.

Repeat with the left leg



Primary muscle group(s):
Lower Back

60s

Hamstring Stretch

Sit on a mat and extend your right leg out to the side. Bend your left leg and place the foot against your inner right thigh.

Lean forward from the hips and reach for your ankle as comfortably as you can. You should feel a slight pull in the hamstring.

Hold the stretch and then repeat on the left leg.



Primary muscle group(s):

Hamstrings

Secondary:

Glutes & Hip Flexors

60s

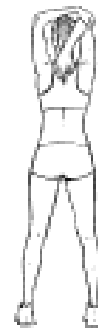
Overhead Triceps Stretch

Standing up straight with a tight core, extend your left arm straight into the air.

Keep the elbow up as you bend your arm behind your head.

Take the right hand and gently pull the left elbow towards the right.

Hold this stretch then switch to the other side.



Primary muscle group(s):

Triceps

Secondary:

Shoulders

60s

Standing Hamstring Stretch

Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you.

Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee.

Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.



Primary muscle group(s):

Hamstrings

Secondary:

Calves

0,60s x 8 = 4,8 prox

