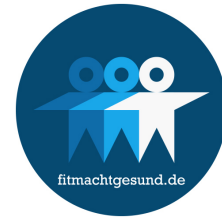


## WORKOUT PLAN WITHOUT MACHINES FOR ADVANCED



**Training type:** Own body weight exercises

**Training method:** Soft training or muscle exhaustion,  
Circuit training

WARM-UP		
<b>General warm-up</b>	Light endurance, like walking at increased pace or on the bicycle	Approximately 10 minutes
<b>Mobility exercises</b>	Shoulder, arm, and hip rotations, lifting and bending the leg	
<b>Specific warm-up</b>	One exercise for each muscle group at low intensity	1 set

TRAINING			
MUSCLE GROUP	EXERCISE	SETS	REPETITIONS/ DURATION
<b>Back (latissimus)</b>	Lat presses with lifted legs	3	30 – 45 seconds
<b>Chest</b>	Push-ups, regular version with narrow hand position	3	10 – 20
<b>Abdominals</b>	Bicycle crunch	3	10 – 20
<b>Upper back</b>	Reverse flys, lying on the floor, extended outward rotated arms	3	10 – 20
<b>Triceps, chest</b>	Dips on the floor or bench	3	10 – 20
<b>Abdominals</b>	Plank, both arms and feet on the ground	3	45 – 60 seconds
<b>Thigh backside, butt, lower back</b>	Glute bridges, one leg raises alternately	3	10 – 20
<b>Biceps</b>	Bicep curls, concentration curls against leg resistance	3	10 – 20
<b>Legs (thigh front)</b>	Lunges	3	10 – 20

ACTIVE REGENERATION	
Light endurance, like walking at increased pace (or Nordic Walking) or on the bicycle	10 – 30 minutes

ENDURANCE TRAINING	
1 to 2 additional sessions per week at a rate of perceived exertion of medium to medium-to-hard	30 – 60 minutes