

PROGRAM TRENINGOWY



	PONIEDZIAŁEK	WTOREK	ŚRODA	CZWARTEK	PIĄTEK	SOBOTA	NIEDZIELA
WEEK 1	#109 BURN & SHAPE 60 min	#187 STRONG Glutes + ABS 50 min	REST DAY	#116 TABATA + BRZUCH 60 min	#94 STRONG Upper Body+ 60 min	ACTIVE REST DAY	#178 + #166 ABS + STRETCHING ~25 min
WEEK 2	#106 BURN & SHAPE 60 min	#121 STRONG FBW 56 min	REST DAY	#134 BURN & SHAPE 45 min	#79 STRONG Glutes + ABS 50 min	ACTIVE REST DAY	#179 + #167 ABS + STRETCHING ~25 min
WEEK 3	#117 BURN & SHAPE 60 min	#107 STRONG Upper Body 60 min	REST DAY	#97 BURN & SHAPE 50 min	#115 STRONG Back Body 70 min	ACTIVE REST DAY	#180 + #168 ABS + STRETCHING ~25 min
WEEK 4	#78 BURN & SHAPE 40 min	#129 STRONG Glutes + ABS 60 min	REST DAY	#127 TABATA + BRZUCH 57 min	#114 STRONG Upper Body 60 min	ACTIVE REST DAY	#199 + #169 ABS + STRETCHING ~25 min
WEEK 5	#102 BURN & SHAPE 60 min	#111 STRONG Back Body 50 min	REST DAY	#95 BURN & SHAPE 50 min	#77 STRONG Glutes + ABS 50 min	ACTIVE REST DAY	#202 + #186 ABS + STRETCHING ~25 min
WEEK 6	#119 HIIT + STRETCH 55 min	#130 STRONG Upper Body 50 min	REST DAY	#113 BURN & SHAPE 60 min	#110 STRONG FBW 50 min	ACTIVE REST DAY	#205 + #191 ABS + STRETCHING ~25 min

potrzebny sprzęt: hantle*, gumy powerband (zestaw), gumy miniband (zestaw), krzesło, mata
 *Niedobylska korzysta z hantli o wadze: 2x2,5 kg | 2x5 kg | 2x10 kg | 1x20 kg