

	PONIEDZIAŁEK	WTOREK	ŚRODA	CZWARTEK	PIĄTEK	SOBOTA	NIEDZIELA
WEEK 1	#356 STRONG FBW 🕒 50 min	ACTIVE REST DAY	#329 TOTAL BODY DOPAMINE 🕒 35/15 min	ACTIVE REST DAY	#162 STRONG FBW 🕒 45 min	ACTIVE REST DAY	#215 MOBILITY 🕒 25 min
WEEK 2	#291 STRONG FBW 🕒 42 min	ACTIVE REST DAY	#332 TOTAL BODY DOPAMINE 🕒 35/15 min	ACTIVE REST DAY	#197 STRONG FBW 🕒 45 min	ACTIVE REST DAY	#188 MOBILITY 🕒 25 min
WEEK 3	#350 STRONG FBW 🕒 50 min	ACTIVE REST DAY	#335 TOTAL BODY DOPAMINE 🕒 35/15 min	ACTIVE REST DAY	#224 STRONG FBW 🕒 51 min	ACTIVE REST DAY	#204 STRETCH BIODRO+KLATKA 🕒 17 min
WEEK 4	#352 STRONG FBW 🕒 45 min	ACTIVE REST DAY	#338 TOTAL BODY DOPAMINE 🕒 35/15 min	ACTIVE REST DAY	#241 STRONG FBW 🕒 50 min	ACTIVE REST DAY	#232 ROLOWANIE 🕒 25 min
WEEK 5	#353 STRONG FBW 🕒 50 min	ACTIVE REST DAY	#341 TOTAL BODY DOPAMINE 🕒 35/15 min	ACTIVE REST DAY	#207 STRONG FBW 🕒 50 min	ACTIVE REST DAY	#249 MOBILITY 🕒 25 min
WEEK 6	#354 STRONG FBW 🕒 50 min	ACTIVE REST DAY	#344 TOTAL BODY DOPAMINE 🕒 35/15 min	ACTIVE REST DAY	#194 STRONG FBW 🕒 49 min	ACTIVE REST DAY	#355 STRETCH & MOBILITY 🕒 25 min

potrzebny sprzęt: hantle*, gumy oporowe miniband i powerband krzesło/pufa, mata
 *Niedobylska korzysta z: 2x2,5 kg | 2x5 kg | 2x7,5 kg | 2x10 kg | 2x15 kg

DOŁĄCZ NA
NIEDOBYLSKA.COM

PROGRAM TRENINGOWY

BASIC
 FEM

