

LOOP

Treningi obwodowe oparte o zasady treningu siłowego

WEEK 1

PON

#358
LOOP
[45/30]
46 min

WT

ACTIVE
REST

ŚR

#158
TABATA
+ ABS
33 min

CZW

ACTIVE
REST

PT

#329
TOTAL BODY
DOPAMINE
44 min

SB

ACTIVE
REST

ND

#186
MOBILITY
FLOW
15 min

WEEK 2

#362
LOOP
[45/30]
47 min

ACTIVE
REST

#143
TABATA
+ ABS
40 min

ACTIVE
REST

#332
TOTAL BODY
DOPAMINE
43 min

ACTIVE
REST

#190
STRETCH
FBW
17 min

WEEK 3

#358
LOOP
[45/30]
46 min

ACTIVE
REST

#227
TABATA
+ BRZUCH
50 min

ACTIVE
REST

#335
TOTAL BODY
DOPAMINE
43 min

ACTIVE
REST

#209
STRETCH
LOWER
15 min

WEEK 4

#362
LOOP
[45/30]
47 min

ACTIVE
REST

#158
TABATA
+ ABS
33 min

ACTIVE
REST

#338
TOTAL BODY
DOPAMINE
43 min

ACTIVE
REST

#212
STRETCH
UPPER
15 min

WEEK 5

#358
LOOP
[45/30]
46 min

ACTIVE
REST

#143
TABATA
+ ABS
40 min

ACTIVE
REST

#341
TOTAL BODY
DOPAMINE
42 min

ACTIVE
REST

#223
STRETCH
NA LEŻĄCO
15 min

WEEK 6

#362
LOOP
[45/30]
47 min

ACTIVE
REST

#227
TABATA
+ BRZUCH
50 min

ACTIVE
REST

#344
TOTAL BODY
DOPAMINE
43 min

ACTIVE
REST

#240
STRETCH
FBW
15 min