

LOOP

Treningi obwodowe oparte
o zasady treningu siłowego

WEEK 1

PON

#358

LOOP
[45/30]

46 min

WT

#134

BURN &
SHAPE

45 min

ŚR

ACTIVE
REST

CZW

#328

TOTAL BODY
DOPAMINE

44 min

PT

#359

LOOP
[45/20]

46 min

SB

ACTIVE
REST

ND

#186

MOBILITY
FLOW

15 min

WEEK 2

#362

LOOP
[45/30]

47 min

#287

BURN &
SHAPE

52 min

ACTIVE
REST

#331

TOTAL BODY
DOPAMINE

43 min

#363

LOOP
[45/20]

46 min

ACTIVE
REST

#190

STRETCH
FBW

17 min

WEEK 3

#358

LOOP
[45/30]

46 min

#102

BURN &
SHAPE

50 min

ACTIVE
REST

#334

TOTAL BODY
DOPAMINE

43 min

#359

LOOP
[45/20]

46 min

ACTIVE
REST

#209

STRETCH
LOWER

15 min

WEEK 4

#362

LOOP
[45/30]

47 min

#134

BURN &
SHAPE

45 min

ACTIVE
REST

#337

TOTAL BODY
DOPAMINE

42 min

#363

LOOP
[45/20]

46 min

ACTIVE
REST

#212

STRETCH
UPPER

15 min

WEEK 5

#358

LOOP
[45/30]

46 min

#287

BURN &
SHAPE

52 min

ACTIVE
REST

#340

TOTAL BODY
DOPAMINE

44 min

#359

LOOP
[45/20]

46 min

ACTIVE
REST

#223

STRETCH
NA LEŻĄCO

15 min

WEEK 6

#362

LOOP
[45/30]

47 min

#102

BURN &
SHAPE

50 min

ACTIVE
REST

#343

TOTAL BODY
DOPAMINE

43 min

#363

LOOP
[45/20]

46 min

ACTIVE
REST

#240

STRETCH
FBW

15 min