

LOOP

Treningi obwodowe oparte
o zasady treningu siłowego

WEEK 1

PON

#360
LOOP
[45/15]
45 min

WT

#117
BURN
& SHAPE
60 min

ŚR

ACTIVE
REST

CZW

#359
LOOP
[45/20]
46 min

PT

#219
MET-CON
HEAT AMRAP
38 min

SB

#361
LOOP
[45/10]
50 min

ND

#186
MOBILITY
FLOW
15 min

WEEK 2

#364
LOOP
[45/15]
48 min

#128
BURN
& SHAPE
62 min

ACTIVE
REST

#363
LOOP
[45/20]
46 min

#236
MET-CON
HEAT EMOM
36 min

#365
LOOP
[45/10]
48 min

#190
STRETCH
FBW
17 min

WEEK 3

#360
LOOP
[45/15]
45 min

#113
BURN
& SHAPE
60 min

ACTIVE
REST

#359
LOOP
[45/20]
46 min

#253
MET-CON
HEAT FOR TIME
41 min

#361
LOOP
[45/10]
50 min

#209
STRETCH
LOWER
15 min

WEEK 4

#364
LOOP
[45/15]
48 min

#117
BURN
& SHAPE
60 min

ACTIVE
REST

#363
LOOP
[45/20]
46 min

#270
MET-CON
HEAT AMRAP
35 min

#365
LOOP
[45/10]
48 min

#212
STRETCH
UPPER
15 min

WEEK 5

#360
LOOP
[45/15]
45 min

#128
BURN
& SHAPE
62 min

ACTIVE
REST

#359
LOOP
[45/20]
46 min

#292
MET-CON
HEAT AMRAP
42 min

#361
LOOP
[45/10]
50 min

#223
STRETCH
NA LEŻĄCO
15 min

WEEK 6

#364
LOOP
[45/15]
48 min

#113
BURN
& SHAPE
60 min

ACTIVE
REST

#363
LOOP
[45/20]
46 min

#300
MET-CON
HEAT SISTER
BENCHMARK
30 min

#365
LOOP
[45/10]
48 min

#240
STRETCH
FBW
15 min