

HYP3R

PROGRAM TRENINGOWY DLA NAJBARDZIEJ WYMAGAJĄCYCH KOBIET



		PN	WT	ŚR	CZW	PT	SO	ND
W1 W2 W3	LEARN	#366 STRONG PUSH	#196 MET-CON HEAT EMOM	#367 STRONG PULL	#191 STRETCH KLATKA, PLECY	#368 STRONG GLUTES	#161 BURN &SHAPE	ACTIVE REST
	TRAIN							
	MAX	50 min	38 min	51 min	15 min	56 min	33 min	
W4 W5 W6	LEARN	#369 STRONG PUSH	#270 MET-CON HEAT AMRAP	#370 STRONG PULL	#166 STRETCH LOWER BODY	#371 STRONG GLUTES	#123 BURN &SHAPE	ACTIVE REST
	TRAIN							
	MAX	50 min	35 min	50 min	15 min	61 min	53 min	
W7 W8 W9	LEARN	#372 STRONG PUSH	#236 MET-CON HEAT EMOM	#373 STRONG PULL	#209 STRETCH NOGI + POŚLADKI	#374 STRONG GLUTES	#294 BURN &SHAPE	ACTIVE REST
	TRAIN							
	MAX	43 min	36 min	47 min	15 min	56 min	42 min	
W10 W11 W12	LEARN	#375 STRONG PUSH	#292 MET-CON HEAT AMRAP	#376 STRONG PULL	#206 STRETCH NOGI	#377 STRONG GLUTES	#263 BURN &SHAPE	ACTIVE REST
	TRAIN							
	MAX	48 min	43 min	52 min	15 min	59 min	40 min	

Dołącz na: **NIEDOBYLSKA.COM**