SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza

ATHLET		FOCUS	Foundational Strength, Work Capacity
MOVEMENT PREP	10 min Warmup (Skipping, Rope Skipping, Treadmill, stationary bike) 5 min Prestretching (Handwalk, Lateral Lunges, Backward and Forward Lunge, Stretch the Shoulder)	EXPLENATION	Complete exercise B1-B10 as a circuit training. Per exercise you have 60" load time and then 30" break. Repeat the whole circuit 2 to 3 times. The exercises are provided with a video link.

BASIC STRENGTH CIRCUIT

	Exercise	Sets	Reps	Rest	TEMP	DATE:				DATE:				DATE:				DATE:				DATE:			
						Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4	Set 1	Set 2	Set 3	Set 4
B1	SPLIT SQUAT - ISO HOLD	2-3	60"ea	30"																					
B2	PUSH UP	2-3	60"	30"																					
B3	ROMANIAN DEADLIFT	2-3	60"ea	30"																					
B4	DEAD BUG	2-3	60"	30"																					
B5	LATERAL LEG RAISE	2-3	60"ea	30"																					
B6	COPENHAGEN ADDUCTION - ISO HOLD	2-3	60"ea	30"																					
B7	SQUAT - ISO HOLD	2-3	60"	30"																					
B8	PLANK STEP UP	2-3	60"	30"																					
B9	GLUTE BRIDGE	2-3	60"	30"																					
B10	T ROTATION	2-3	60"	30"																					
B11																									
B12																									
B13																									
B14																									
B15																									

BASIC STRENGTH CIRCUIT

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B14																									
B15																									

There is a video link to all exercises

ea = each side

☺ = easy 😐 = hard ☹ = to hard

If you have any questions please contact Flavio Da Silva Souza