

SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza



ATHLET

FOCUS

Leg Strength

MOVEMENT PREP

10 min Warmup (Skipping, Rope Skipping, Treadmill, stationary bike)

5 min Prestretching (Handwalk, Lateral Lunges, Backward and Forward Lunge, Stretch the Shoulder)

EXPLANATION

Complete exercise L1-L10 as 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.

	Exercise	Sets	Reps	Rest	TEMP	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		
L1	BACK LUNGE - HIGH KNEE	2-3	60"ea	30"																			
L2	KNEE UP (SKIPPING)	2-3	60"	30"																			
L3	STANDING LEG RAISE - ISO HOLD	2-3	60"ea	30"																			
L4	SINGLE LEG FLOOR BRIDGE	2-3	60"ea	30"																			
L5	BULGARIAN SPLIT SQUAT	2-3	60"ea	30"																			
L6	SPLIT JUMPS	2-3	60"	30"																			
L7	SINGLE LEG CHAIR POSE - ISO HOLD	2-3	60"ea	30"																			
L8	SINGLE LEG SQUAT	2-3	60"ea	30"																			
L9	KNEE UP	2-3	60"ea	30"																			
L10	SQUAT JUMPS	2-3	60"	30"																			
L11																							
L12																							
L13																							
L14																							
L15																							

	Exercise	Sets	Reps	Rest	TEMP	DATE:				DATE:				DATE:				DATE:					
						😊	😐	😓	😡	😊	😐	😓	😡	😊	😐	😓	😡	😊	😐	😓	😡		
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L15																							

[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](#)