SWISSFENCING - HOME TRAINING

Flavio Da Silva Souza

ATHLET		FOCUS	Upper Body Strength
MOVEMENT PREP	10 min Warmup (Skipping, Rope Skipping, Treadmill, stationary bike)	EXPLENATION	Complete exercise U1-U10 as circuit training. Per exercise you have 40" or 60" load time and then 30" break. Repeat the whole circuit 2 to 3 times. The exercises are provided with a video link.

UPPER BODY 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
U1	PLANK - ISO HOLD	2-3	60"	30"																					
U2	PUSH UP SHUFFLE	2-3	40"	30"																					
U3	REVERSE SNOW ANGEL	2-3	60"	30"																					
U4	ARM CIRCLES FORWARD	2-3	60"	30"																					
U5	SIDE PLANK - ISO HOLD	2-3	60"ea	30"																					
U6	SIDE PUSH UP	2-3	40"	30"																					
U7	ARM CIRCLES BACKWARDS	2-3	60"	30"																					
U8	SUPERMAN - ISO HOLD	2-3	60"	30"																					
U9	SHOULDER PUSH UP	2-3	40"	30"																					
U10	DOLPHIN - ISO HOLD	2-3	60"	30"																					
U11																									
U12																									
U13																									
U14																									
U15																									

UPPER BODY STRENGTH CIRCUIT

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						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
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U13																									
U14																									
U15																									

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