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J.F. ATHLETE

HANDSTAND WORKOUT (intermediate)

	EXERCISE	VIDEO	SETS x REPS	LOAD	TEMPO	REST [sec]
WARM UP	RUN		3-4 MIN	10-12 km/h		
	MOBILITY & ACTIVATION	▶	10-15 MIN			
SUPER SET 1 + 2			3 x			
1	FROGSTAND HOLD	▶	10-15 SEC	-	-	90-120
2	TRX Y-PULLS	▶	8 REPS	-	2-0-1-1	
SUPER SET 3 + 4			4 x			
3	HS WALL WALK	▶	2 REPS	as high as you can	-	120-150
4	DB REVERSE SNOW ANGELS	▶	8 REPS	1-2 KG dumbbells	3-0-3-0	
SUPER SET 5 + 6			3 x			
5	SEATED DB OHP	▶	8 REPS	8-10 KG dumbbells	2-0-1-1	90-120
6	SEATED LEG LIFTS	▶	15 REPS	hands as much forward as you can	-	
SUPER SET 7 + 8			3 x			
7	HANGING LEG RAISES	▶	8 REPS	straight or bent legs	2-0-1-0	60-90
8	PUSH UPS	▶	12,10,8 REPS	-	2-0-1-0	
COOL DOWN	STRETCHING		10 MIN			

SUPER SET - dwa ćwiczenia bez odpoczynku między nimi, odpoczynek następuje po drugim ćwiczeniu

SUPER SET - two exercises without rest between them, rest after second exercise

TEMPO 4-1-X-0 SQUAT EXAMPLE
4 SEC - ECCENTRIC PHASE (negative)
1 SEC - PAUSE
X - CONCENTRIC PHASE (X mean as fast as you can)
0 SEC - SECOND PAUSE

TEMPO 4-1-X-0 PRZYKŁAD NA PRZYSIADZIE
4 SEK - FAZA EKSCENTRYCZNA (negatywna)
1 SEK - PAUZA
X - FAZA KONCENTRYCZNA (X znaczy najszybciej jak potrafisz)
0 SEK - DRUGA PAUZA

