



@j.f.athlete

J.F. ATHLETE

HYBRID UPPER BODY WORKOUT (intermediate)

	EXERCISE	VIDEO	SETS x REPS	LOAD	TEMPO	REST [sec]
WARM UP	RUN		4-5 MIN	10-12 km/h		
	MOBILITY & ACTIVATION	▶	10-15 MIN			
SUPER SET 1 + 2			4 x			
1	CHIN UPS	▶	5 REPS (add weight if it's too easy)	Recommended 1 x 4 KG 1 x 6 KG 1 x 8 KG 1 x 10 KG	2-1-1-1	120-150
2	BOX PIKE PUSH UPS	▶	8 REPS	-	2-0-1-0	
SUPER SET 3 + 4			4 x			
3	DIPS	▶	8 REPS (add weight if it's too easy)	Recommended 1 x 10 KG 1 x 12 KG 1 x 14 KG 1 x 16 KG	2-0-1-0	120-150
4	ELEVATED PENDLAY ROW	▶	12 REPS	Recommended 4 x 40-50 KG	2-1-1-1	
SUPER SET 5 + 6			4 x			
5	INCLINE DB PRESS	▶	6-10 REPS	Increase every set e.g. 1 x 20 KG 1 x 22,5 KG 1 x 25 KG 1 x 27,5 KG	3-0-1-0	90-120
6	STRAIGHT BAR BICEPS CURLS	▶	8-12 REPS	4 x 20-25 KG	2-0-1-1	
SUPER SET 7 + 8			3 x			
7	SWISS BALL PIKES	▶	5 REPS	-	3 sec hold on top	60-90
8	JACKKNIFE	▶	10-15 REPS	-	-	
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

