

J.F. ATHLETE



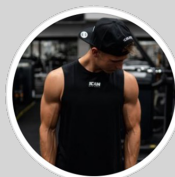
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CHRISTMAS WORKOUT (Beginner)

	EXERCISE	VIDEO	SETS x REPS	LOAD	REST [sec]
WARM UP	AIR BIKE		1500 M		
	MOBILITY & ACTIVATION - LOWER AND UPPER BODY		10-15 MIN		
SUPER SET 1 + 2			3 x		
1	SEATED BOX JUMPS		6 REPS	Box seat: low Box jump: low	30 sec between exercises
2	HALF KNEELING SLAM BALL THROWS		6 REPS per side	4 KG slam ball	120 sec between sets
SUPER SET 3 + 4			3 x		
3	DB REVERSE LUNGES		16 REPS alternately	6-8 KG dumbbells	30 sec between exercises
4	BEAR POSITION SHOULDER TAPS		8 REPS alternately	-	120 sec between sets
SUPER SET 5 + 6			3 x		
5	CHIN UPS		5 REPS	Use the type of power band you need	30 sec between exercises
6	LANDMINE KNEELING TWISTS		16 REPS alternately	Empty barbell 15 or 20 kg	120 sec between sets
SUPER SET 7 + 8			3 x		
7	BB OHP		8 REPS	10-15 KG	30 sec between exercises
8	REVERSE SNOW ANGELS		8 REPS	-	120 sec between sets
9	TREADMILL INTERWALS		6 x 30 sec run 30 sec rest	13-14 km/h	
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



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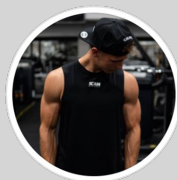
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CHRISTMAS WORKOUT (Intermediate)

	EXERCISE	VIDEO	SETS x REPS	LOAD	REST [sec]
WARM UP	AIR BIKE		2000 M		
	MOBILITY & ACTIVATION - LOWER AND UPPER BODY		10-15 MIN		
SUPER SET 1 + 2			3 x		
1	SEATED BOX JUMPS		6 REPS	Box seat: low Box jump: medium	30 sec between exercises
2	HALF KNEELING SLAM BALL THROWS		6 REPS per side	6 KG slam ball	120 sec between sets
SUPER SET 3 + 4			3 x		
3	DB REVERSE LUNGES		16 REPS alternately	14-18 KG dumbbells	30 sec between exercises
4	BEAR POSITION SHOULDER TAPS		8 REPS alternately	-	120 sec between sets
SUPER SET 5 + 6			3 x		
5	CHIN UPS		5 REPS	Bodyweight	30 sec between exercises
6	LANDMINE KNEELING TWISTS		16 REPS alternately	20 KG barbell + 2,5 - 5 KG on bar	120 sec between sets
SUPER SET 7 + 8			3 x		
7	BB OHP		8 REPS	20 - 30 KG	30 sec between exercises
8	DB REVERSE SNOW ANGELS		8 REPS	0,5 - 1 KG dumbbells	120 sec between sets
9	TREADMILL INTERVALS		6 x 30 sec run 30 sec rest	15-16 km/h	
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



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CHRISTMAS WORKOUT (Advanced)

	EXERCISE	VIDEO	SETS x REPS	LOAD	REST [sec]
WARM UP	AIR BIKE		2500 M		
	MOBILITY & ACTIVATION - LOWER AND UPPER BODY		10-15 MIN		
SUPER SET 1 + 2			3 x		
1	SEATED BOX JUMPS		6 REPS	Box seat: low Box jump: high	30 sec between exercises
2	HALF KNEELING SLAM BALL THROWS		6 REPS per side	8 KG slam ball	120 sec between sets
SUPER SET 3 + 4			3 x		
3	DB REVERSE LUNGES		16 REPS alternately	20-25 KG dumbbells	30 sec between exercises
4	BEAR POSITION SHOULDER TAPS		8 REPS alternately	-	120 sec between sets
SUPER SET 5 + 6			3 x		
5	CHIN UPS		5 REPS	Add weight on belt	30 sec between exercises
6	LANDMINE KNEELING TWISTS		16 REPS alternately	20 KG barbell + 10-15 KG on bar	120 sec between sets
SUPER SET 7 + 8			3 x		
7	BB OHP		8 REPS	30-40 KG	30 sec between exercises
8	DB REVERSE SNOW ANGELS		8 REPS	1-2 KG dumbbells	120 sec between sets
9	TREADMILL INTERVALS		6 x 30 sec run 30 sec rest	17-18 km/h	
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