

Trening Override Fitness Home

Totalna Przemiana Ciała/ 12 Tygodni

1. Zerknij na Training schedule
2. Look! Fit test jest First, trampki na nogi i odpal film fit test, zapisuj powtórzenia .
3. Trenuj codziennie wg rozpiski, np: Day 1 zrób fit test, day 2 zrób trening strefa zero.
Nie jesteś pewny? Zadzwoń do mnie: 693147023. Pomoge ci.. Powodzenia, Mario.

TRAINING SCHEJULE			
ROZPISKA TRENINGOWA			
WEEK 1	WEEK 2	WEEK 3	WEEK 4
DAY 1 FIT TEST 1 DAY 2 ZONE ZERO DAY 3 BREAK DAY 4 HIT 1 STR. & BALANCE DAY 5 ZONE ZERO DAY 6 BREAK DAY 7 BREAK	DAY 8 HIT 2 POWER & ENDURANCE DAY 9 ZONE ZERO DAY 10 BREAK DAY 11 HIT 1 STR. & BALANCE DAY 12 HIT 2 POWER & ENDURANCE DAY 13 ZONE ZERO DAY 14 BREAK	DAY 15 FIT TEST 2 DAY 16 HIT 1 STR. & BALANCE DAY 17 BREAK DAY 18 HIT 2 POWER & ENDURANCE DAY 19 HIT 3 TOTAL 15 EXTRA DAY 20 ZONE ZERO DAY 21 BREAK	DAY 22 HIT 1 STR. & BALANCE DAY 23 HIT 2 POWER & ENDURANCE DAY 24 HIT 3 TOTAL 15 EXTRA DAY 25 BREAK DAY 26 HIT 1 STR. & BALANCE DAY 27 HIT 2 POWER & ENDURANCE DAY 28 BREAK
WEEK 5	WEEK 6	WEEK 7	WEEK 8
DAY 29 FIT TEST 3 DAY 30 HIT 5 CARDIO SPORT DAY 31 BREAK DAY 32 HIT4 MAXSTOP CARDIO LIMIT DAY 33 HIT 5 CARDIO SPORT DAY 34 HIT 2 POWER & ENDURANCE DAY 35 BREAK	DAY 36 HIT 6 BALANCE & RESISTANCE DAY 37 HIT 4 MAXSTOP DAY 38 HIT 5 CARDIO SPORT DAY 39 BREAK DAY 40 HIT 4 MAXSTOP DAY 41 HIT 5 CARDIO SPORT DAY 42 BREAK	DAY 43 FIT TEST 4 DAY 44 HIT 7 PLYO POWER DAY 45 HIT 8 MAX 21 EXTRA DAY 46 BREAK DAY 47 HIT 6 DAY 48 HIT 7 PLYO POWER DAY 49 BREAK	DAY 50 HIT 8 MAX 21 EXTRA DAY 51 HIT 6 DAY 52 HIT 7 PLYO POWER DAY 53 BREAK DAY 54 HIT 6 DAY 55 HIT 7 PLYO POWER DAY 56 BREAK

Settings

<i>WEEK 5</i> DAY 29 FIT TEST 3 DAY 30 HIT 5 CARDIO SPORT DAY 31 BREAK DAY 32 HIT4 MAXSTOP CARDIO LIMIT DAY 33 HIT 5 CARDIO SPORT DAY 34 HIT 2 POWER & ENDURANCE DAY 35 BREAK	<i>WEEK 6</i> DAY 36 HIT 6 BALANCE & RESISTANCE DAY 37 HIT 4 MAXSTOP DAY 38 HIT 5 CARDIO SPORT DAY 39 BREAK DAY 40 HIT 4 MAXSTOP DAY 41 HIT 5 CARDIO SPORT DAY 42 BREAK	<i>WEEK 7</i> DAY 43 FIT TEST 4 DAY 44 HIT 7 PLYO POWER DAY 45 HIT 8 MAX 21 EXTRA DAY 46 BREAK DAY 47 HIT 6 DAY 48 HIT 7 PLYO POWER DAY 49 BREAK	<i>WEEK 8</i> DAY 50 HIT 8 MAX 21 EXTRA DAY 51 HIT 6 DAY 52 HIT 7 PLYO POWER DAY 53 BREAK DAY 54 HIT 6 DAY 55 HIT 7 PLYO POWER DAY 56 BREAK
<i>WEEK 9</i> DAY 57 FIT TEST 3 DAY 58 HIT 5 CARDIO SPORT DAY 59 BREAK DAY 60 HIT 4 MAXSTOP DAY 61 HIT 5 CARDIO SPORT DAY 62 HIT 2 POWER & ENDURANCE DAY 63 BREAK	<i>WEEK 10</i> DAY 64 HIT 9 OVERRIDE DAY 65 HIT 8 MAX 21 EXTRA DAY 66 HIT 7 PLYO POWER DAY 67 X-MAN DAY 68 HIT 9 OVERRIDE DAY 69 HIT 10 EXIT DAY 70 BREAK	<i>WEEK 11</i> DAY 71 FIT TEST 6 DAY 72 HIT 8 MAX 21 DAY 73 HIT 10 EXIT DAY 74 X-MAN DAY 75 HIT 9 OVERRIDE DAY 76 HIT 10 EXIT DAY 77 BREAK	<i>WEEK 12</i> DAY 78 HIT 8 MAX 21 EXTRA DAY 79 HIT 9 OVERRIDE DAY 80 HIT 10 EXIT DAY 81 X-MAN DAY 82 HIT 9 OVERRIDE DAY 83 HIT 10 EXIT DAY 84 BREAK