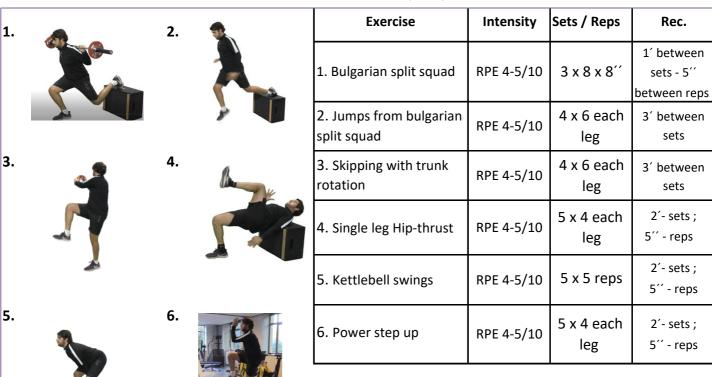
WARM-UP

1 set of each exercise with a lower intensity (Including 10' on the bike if it is possible)

STRENGTH Combine exercises 1-2; 3-4; 5-6



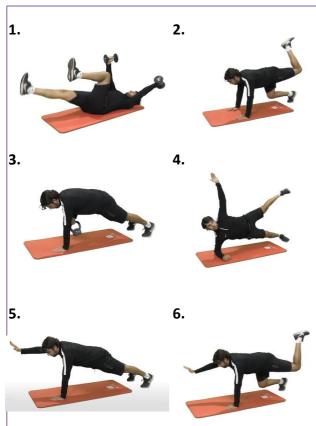
Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

Session: 2

WARM-UP

1 set of each exercise with a lower intensity (Including 10' on the bike if it is possible)

CORE STABILITY combine exercise 1-2; 3-4; 5-6



Exercise	Intensity	Sets / Reps	Rec.
1. Dead-bug	RPE 4/10	3 x 8 x each arm	1' between sets - 5'' between reps
2. Hip Extension	RPE 4/10	4 x 8 each leg	3´ between sets
3. Dynamic plank	RPE 4/10	4 x 5 each arm	3´ between sets
4. Lateral plank with hip abduction	RPE 4/10	4 x 6 each leg	2' between sets - 5'' between reps
5. Plank with arm extension	RPE 4/10	3 x 8 each arm	2' between sets - 5'' between reps
6.Plank with opposite arm and leg lift	RPE 4/10	3 x 8 each leg	2' between sets - 5'' between reps

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

COOL DOWN (MOBILITY)



Session: 3

WARM-UP

1 set of each exercise with a lower intensity (Including 10' on the bike if it is possible)

CARDIOVASCULAR SESSION combine exercise 1-2; 3-4; 5-6

1.	2.	Exercise	Intensity	Sets / Reps	Rec.
		1. Short acceleration	RPE 4/10		
		2. Hip ABD-AD	RPE 4/10		
3.	4.	3. Squat jump	RPE 4/10		
		4. Box step-up	RPE 4/10		
		5. Jumps with adduction	RPE 4/10		
5.	6.	6. Elbows up to hands plank	RPE 4/10		
		Control load and number of repetitions. The RPE has to be			

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

You can change the box for a chair

10 repetitions of exercises 1 and 2 in 1' 30" followed by 1' recovery and one more set.

10 repetitions of exercises 3 and 4 in 1' 30" followed by 1' recovery and one more set.

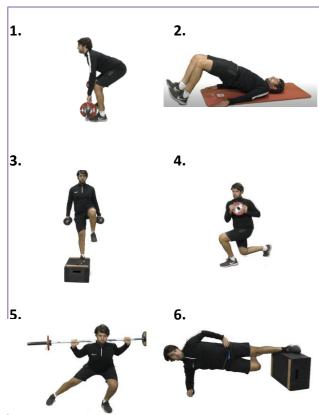
10 repetitions of exercises 5 and 6 in 1' 30" followed by 1' recovery and one more set.

Session: 4

WARM-UP

1 set of each exercise with a lower intensity (Including 10' on the bike if it is possible)

STRENGTH



Exercise	Intensity	Sets / Reps	Rec.
1. Deadlift	RPE 4-5/10	3 x 8	2´ between sets
2. Hamstring bridge	RPE 4-5/10	4 x 10	2' between sets
3. Lateral box step up	RPE 4-5/10	4 x 6 each leg	2´ between sets
4. Lunges	RPE 4-5/10	4 x 8 each leg	2´ between sets
5. Side split squat	RPE 4-5/10	4 x 8 each leg	2´ between sets
6. Copenhagen plank	RPE 4-5/10	3 x 6 x 6′′	2' between sets - 5'' between reps

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

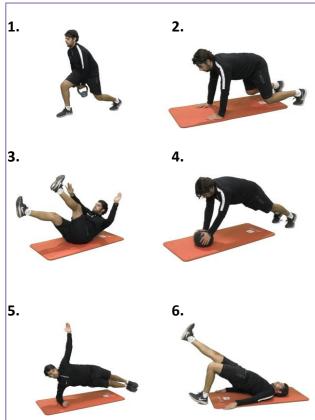
You can change the box for a chair

Session: 5

WARM-UP

1 set of each exercise with a lower intensity (Including 10' on the bike if it is possible)

CORE STABILITY combine exercise 1-2; 3-4; 5-6



Exercise	3 x 8 x each		Rec.	
1. Kettlebell split squad			1´ between sets	
2. Plank with opposite arm and leg lift	RPE 4/10	4 x 8 each leg	3´ between sets	
3. Opposite leg and arm crunch	RPE 4/10	4 x 8 each arm	3´ between sets	
4. Unstable plank with ball	RPE 4/10	4 x 6 x 20′′	2' between sets - 10'' between reps	
5. Lateral plank	RPE 4/10	3 x 6 x 20′′	2´ between sets - 5´´ between reps	
6. Single-leg glute bridge	eg glute bridge RPE 4/10 3 x 12		2´ between sets	

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

COOL DOWN (MOBILITY)



Session: 6

WARM-UP

1 set of each exercise with a lower intensity (Including 10' on the bike if it is possible)

CARDIOVASCULAR SESSION combine exercise 1-2; 3-4; 5-6

1.		2.	Exercise	Intensity	Sets / Reps	Rec.
			1. Jump rope	RPE 4/10		
		2. High knees skip with trunk rotation	RPE 4/10			
3.	4	4.	3. Lateral step up jumps	RPE 4/10		
			4. Single leg deadlift	RPE 4/10		
		, 554	5. lunge jump with rotation	RPE 4/10		
5.	2	6.	6. Deadlift to reverse lunge	RPE 4/10		
	7	7				

Control load and number of repetitions. The RPE has to be lower than 5 in a 10-points scale.

You can change the step for a chair

- 10 repetitions of exercises 1 and 2 in 1' 30" followed by 1' recovery and one more set.
- 10 repetitions of exercises 3 and 4 in 1' 30" followed by 1' recovery and one more set.
- 10 repetitions of exercises 5 and 6 in 1' 30" followed by 1' recovery and one more set.