

Female Gym

Trénink

VRCHNÍ ČÁST TĚLA

WARM UP

6 RNDS

- | | |
|----|--------------------------------|
| 3 | <u>BACK WALKOUT</u> |
| 6 | <u>SQUAT TO TOE</u> |
| 9 | <u>SHOULDERS ROW AND PRESS</u> |
| 12 | <u>BREAKDANCER</u> |

TRÉNINK

A) 3 RNDS

- | | |
|-------|-------------------------------|
| 10/10 | <u>CHEST PRESS SINGLE ARM</u> |
| 10 | <u>KOMBI PUSH UP</u> |
| 10 | <u>MOTÝLEK</u> |

B) 3 RNDS

- | | |
|-----|-------------------------|
| 6/6 | <u>PLANK SQUAT KNEE</u> |
| 10 | <u>ZADNÍ RAMENA</u> |
| 15 | <u>BAND LOPATKY</u> |

C) 3 RNDS

- | | |
|-------|-----------------------|
| 10/10 | <u>HALF TURKISH</u> |
| 8/8 | <u>STŘECHA</u> |
| 8/8 | <u>MOBILITA RAMEN</u> |