**PROGRAMMA 3.1
EMOM SUPERSETS & TABATA

WARMING-UP DYNAMISCH
WORLDS GREATEST STRETCH**

**EMOM 1 (8 MINUTES 60 SECONDS)
MINUTES 1 PUSH-UPS 7
MINUTES 2 V-UPS 7**

**EMOM 2 (8 MINUTES 60 SECONDS)
MINUTES 1 SINGLE LEG SQUATS LINKS 7 REPS
MINUTES 2 SINGLE LEG SQUATS RECHTS 7 REPS**

**TABATA 7X 18/10 SECONDS**

1 HIP THUSTER
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.2
EMOM SUPERSETS & TABATA

WARMING-UP DYNAMISCH
WORLDS GREATEST STRETCH**

**EMOM 1 (8 MINUTES 60 SECONDS)
MINUTES 1 PUSH-UPS 8
MINUTES 2 V-UPS 8**

**EMOM 2 (8 MINUTES 60 SECONDS)
MINUTES 1 SINGLE LEG SQUATS LINKS 8 REPS
MINUTES 2 SINGLE LEG SQUATS RECHTS 8 REPS**

**TABATA 7X 20/10 SECONDS**

1 HIP THUSTER
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.3
EMOM SUPERSETS & TABATA

WARMING-UP DYNAMISCH
WORLDS GREATEST STRETCH**

**EMOM 1 (8 MINUTES 60 SECONDS)
MINUTES 1 PUSH-UPS 10
MINUTES 2 V-UPS 9**

**EMOM 2 (8 MINUTES 60 SECONDS)
MINUTES 1 SINGLE LEG SQUATS LINKS 9 REPS
MINUTES 2 SINGLE LEG SQUATS RECHTS 9 REPS**

**TABATA 7X 24/10 SECONDS**

1 HIP THUSTER
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.4
EMOM SUPERSETS & TABATA

WARMING-UP DYNAMISCH
WORLDS GREATEST STRETCH**

**EMOM 1 (10 MINUTES 60 SECONDS)
MINUTES 1 PUSH-UPS 7
MINUTES 2 V-UPS 7**

**EMOM 2 (10 MINUTES 60 SECONDS)
MINUTES 1 SINGLE LEG SQUATS LINKS 7 REPS
MINUTES 2 SINGLE LEG SQUATS RECHTS 7 REPS**

**TABATA 8X 20/10 SECONDS**

1 HIP THUSTER
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.5
EMOM SUPERSETS & TABATA

WARMING-UP DYNAMISCH
WORLDS GREATEST STRETCH**

**EMOM 1 (10 MINUTES 60 SECONDS)
MINUTES 1 PUSH-UPS 8
MINUTES 2 V-UPS 8**

**EMOM 2 (10 MINUTES 60 SECONDS)
MINUTES 1 SINGLE LEG SQUATS LINKS 8 REPS
MINUTES 2 SINGLE LEG SQUATS RECHTS 8 REPS**

**TABATA 8X 22/10 SECONDS**

1 HIP THUSTER
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)

**PROGRAMMA 3.6
EMOM SUPERSETS & TABATA

WARMING-UP DYNAMISCH
WORLDS GREATEST STRETCH**

**EMOM 1 (10 MINUTES 60 SECONDS)
MINUTES 1 PUSH-UPS 9
MINUTES 2 V-UPS 9**

**EMOM 2 (10 MINUTES 60 SECONDS)
MINUTES 1 SINGLE LEG SQUATS LINKS 9 REPS
MINUTES 2 SINGLE LEG SQUATS RECHTS 9 REPS**

**TABATA 8X 24/10 SECONDS**

1 HIP THUSTER
2 SHOULDER SIDE RAISES

3 BICEP CONCENTRATION CURL RECHTS (WATER FLES)

4 BICEP CONCENTRATION CURL LINKS (WATER FLES)

5 TRICEP EXTENSION LYING (WATER FLES)