# Program A

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Nama :

| WARM UP | | | | |
|---|---|---|---|---|
| EXERCISE | Sets | Reps | Durasi | Notes |
| Stretching | 1 | | 30 Detik | |
| Jumping Jack | 1 | 20 | | |
| Kick Butt | 1 | 20 | | |

| CORE / BALANCE / PLYOMETRIC | | | | | Week 1 | Sets x Reps | | Week 2 | Sets x Reps | | Week 3 | Sets x Reps | | Week 4 | Sets x Reps | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| EXERCISE | Sets | Reps | Tempo | Notes | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| (Contoh Pengisian) | | | | | 30 detik | (-) | (-) | 40 detik | 30 detik | (-) | 50 detik | 40 detik | (-) | 60 detik | 50 detik | 40 detik |
| Bird Dog | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| Single Leg Hip Rotation | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| Ice Skater | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| RESISTANCE TRAINING | | | | | | | | | | | | | | | | |
| EXERCISE | Sets | Reps | Tempo | Notes | | | | | | | | | | | | |
| Squat & Reach | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Front to Side Lunges | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Floor Prone Scaption | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Floor Hip Bridge | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |

| COOLING DOWN | | | | |
|---|---|---|---|---|
| EXERCISE | Sets | Reps | Durasi | Notes |
| Stretching | 1 | | 30 Detik | |

# Program B

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| WARM UP | | | | |
|---|---|---|---|---|
| EXERCISE | Sets | Reps | Durasi | Notes |
| Stretching | 1 | | 30 Detik | |
| Jumping Jack | 1 | 20 | | |
| Kick Butt | 1 | 20 | | |

| CORE / BALANCE / PLYOMETRIC | | | | | Week 1 | Sets x Reps | | Week 2 | Sets x Reps | | Week 3 | Sets x Reps | | Week 4 | Sets x Reps | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| EXERCISE | Sets | Reps | Tempo | Notes | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| Elbow Plank | 1 | 30-60 sec | Pelan | | | | | | | | | | | | | |
| Standing Balance reach | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| Squat Jack | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| RESISTANCE TRAINING | | | | | | | | | | | | | | | | |
| EXERCISE | Sets | Reps | Tempo | Notes | | | | | | | | | | | | |
| Curtsy Lunges | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| BW Romanian Deadlift | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Incline Push Up | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Dips | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Leg Raise | 1-3 | 15-20 | Pelan | | | | | | | | | | | | | |

| COOLING DOWN | | | | |
|---|---|---|---|---|
| EXERCISE | Sets | Reps | Durasi | Notes |
| Stretching | 1 | | 30 Detik | |

# Program C

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Nama :

| WARM UP | | | | |
|---|---|---|---|---|
| EXERCISE | Sets | Reps | Durasi | Notes |
| Stretching | 1 | | 30 Detik | |
| Kick Butt | 1 | 20 | | |
| SIde to Side | 1 | 20 | | |

| CORE / BALANCE / PLYOMETRIC | | | | | Week 1 | Sets x Reps | | Week 2 | Sets x Reps | | Week 3 | Sets x Reps | | Week 4 | Sets x Reps | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| EXERCISE | Sets | Reps | Tempo | Notes | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 | Set 1 | Set 2 | Set 3 |
| Mountain Climber | 1 | 30 sec | Pelan | | | | | | | | | | | | | |
| SL RDL | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| Jumping lunges | 1 | 10-15 | Pelan | | | | | | | | | | | | | |
| RESISTANCE TRAINING | | | | | | | | | | | | | | | | |
| EXERCISE | Sets | Reps | Tempo | Notes | | | | | | | | | | | | |
| Sumo Squat | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Reverse Lunges w/ high knee | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| Childpose to plank | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |
| ABS bike | 1-3 | 10-15 | Pelan | | | | | | | | | | | | | |

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|---|---|---|---|---|
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