

Program A2

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Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	
Standing crunch	1	20																		
Jumping Jacks	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				
Shoulder tap plank	2	10-20	Pelan																	
Toe touch to high knee	2	@10-15	Pelan																	
Ice Skater	2	12-20	Cepat																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes																
BW Squat to leg raise	2-4	10-15	Pelan																	
Push up plus	2-4	10-15	Pelan																	
BW Squat to Curtsy Lunges	2-4	10-15	Pelan																	
Flutter Kick	2-4	10-15	Pelan																	
COOLING DOWN																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	

Note : Jika anda mengalami gejala-gejala seperti pusing dan mual disarankan untuk segera beristirahat.

Program B2

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Nama :

WARM UP																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													
Squat to hamstring stretch	1	20														
High knee	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	2	20	Pelan													
Lateral Jump	2	10-20	Pelan													
Single Arm and Leg Motion	2	12-16	Pelan													
RESISTANCE TRAINING																
EXERCISE	Sets	Reps	Tempo	Notes												
Single leg hip bridge	2-4	12-16	Pelan													
Push up plank	2-4	12-16	Pelan													
Lunges with rotation	2-4	12-16	Pelan													
Crunch	2-4	12-16	Pelan													
Russian Twist	2-4	16-20	Pelan													
COOLING DOWN																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													

Note : Jika anda mengalami gejala-gejala seperti pusing dan mual disarankan untuk segera beristirahat.

Program C2

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Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	
Hip Rotation	1	10 each																		
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				
Hip Thrust	2	12-16	Pelan																	
Single leg squat to touch	2	12-16	Pelan																	
Broad Jump	2	12-16	Pelan																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes																
BW Curtsy Lunges to Squat	2-4	12-16	Pelan																	
Pike to tap	2-4	12-16	Pelan																	
Buterfly crunch	2-4	12-16	Pelan																	
Floor Scaption	2-4	12-16	Pelan																	
COOLING DOWN																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	

Note : Jika anda mengalami gejala-gejala seperti pusing dan mual disarankan untuk segera beristirahat.