Program A3.1 & A3.2

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Nama :

WARM UP	A3.1	A3.2			
EXERCISE	Sets		Reps	Durasi	Notes
Stretching	1			30 Detik	
Dynamic Hamstring Stretch	2-3		8 / sisi		
Kick Butt	2-3		20 reps		
CORE / BALANCE / PLYOMETRIC					
EXERCISE	Sets	Sets	Reps	Tempo	Notes
(Contoh Pengisian)					
Diagonal Mountain Climber	2-3		12/14/16 reps	Sedang	
Floor Hips Bridge	2-3		12-16 reps	Sedang	
RESISTANCE TRAINING					
EXERCISE	Sets	Sets	Reps	Tempo	Notes
Alt BW Squat Leg Raise	2-3	4-5	12/14/16 reps	Sedang	
Push up (Progress/Regress)	2-3	4-5	12/14/16 reps	Sedang	
BW Reverse Lunges	2-3	4-5	12/14/16 reps	Sedang	
BW Russian Twist	2-3	4-5	12/14/16 reps	Sedang	
COOLING DOWN					
EXERCISE	Sets		Reps	Durasi	Notes
Stretching	1			30 Detik	

Week 1	Sets x Reps		Week 2	Sets x Reps		Week 3	Sets x Reps		Week 4	Sets x Reps	
	A3.1	A3.2		A3.1	A3.2		A3.1	A3.2		A3.1	A3.2
	2 set x 12 reps	4 set x 12 reps		3 set x 12 reps	4 set x 12 reps		3 set x 14 reps	4 set x 16 reps		3 set x 14 reps	5 set x 14 reps

Program B3.1 & B3.2 (

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Nama :

WARM UP	B3.1	B3.2			
EXERCISE	Sets		Reps	Tempo	Notes
Plank to Lat Stretch	2-3		12	Sedang	
Jumping Jack	2-3		12	Sedang	
RESISTANCE TRAINING					
EXERCISE	Sets		Reps	Tempo	Notes
Sprawl	2-3	4-5	12	Sedang	
Curtsy Lunges	2-3	4-5	12	Sedang	
Butterfly Crunch	2-3	4-5	12	Sedang	
Alt Side Lunges	2-3	4-5	12	Sedang	
Flutter Kick	2-3	4-5	12	Sedang	
COOLING DOWN					
EXERCISE	Sets		Reps	Durasi	Notes
Stretching	1			30 Detik	

Week 1	Sets x Reps		Week 2	Sets x Reps		Week 3	Sets x Reps		Week 4	Sets x Reps	
	B3.1	B3.2		B3.1	B3.2		B3.1	B3.2		B3.1	B3.2
		4 set x		3 set x	4 set x		3 set x	4 set x		3 set x	5 set x