

PROGRAM LATIHAN DADA & PUNGGUNG

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Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	
Jogging In Place	1		60 detik																	
Jumping Jacks	1	30																		
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				
Push Up	2	10-15	Pelan																	
BW Single Leg Deadlift	2	10-15	Pelan																	
Ice Skater	2	12-20	Cepat																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes																
1A Floor Press	4	12	Pelan																	
1B Hammer Bent Over Row	4	12	Pelan																	
2A Dumbbell Push Up	4	12	Pelan																	
2B Dumbbell Reverse Fly	4	12	Pelan																	
3A Wide DB Push Up	4	12	Pelan																	
3B Renegade Row	4	12	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 LATIHAN LENGAN

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Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	
Cross Jumping Jack	1	20																		
Lateral 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				
Mountain climber	2	20	Pelan																	
Lateral Jump	2	10-20	Pelan																	
Balance Reach	2	12-16	Pelan																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes																
1A Biceps Curl	4	12	Pelan																	
1B Triceps Extension	4	12	Pelan																	
2A Hammer Curl	4	12	Pelan																	
2B Triceps Kick Back	4	12	Pelan																	
3A Spider Curl	4	12	Pelan																	
3B Narrow DB Push Up	4	12	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 LATIHAN KAKI DAN PERUT

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Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	
Jumping Jacks	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				
Floor Hip Bridge	2	15	Pelan																	
Single leg squat to touch	2	10/side	Pelan																	
Jump Lunges	2	10/side	Cepat																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes																
1A DB Squats	4	12	Pelan																	
1B Woods Chop	4	12	Pelan																	
2A Front Lunges	4	12	Pelan																	
2B DB Halo	4	12	Pelan																	
3A DB Goblet Squat	4	12	Pelan																	
3B DB Crunches	4	12	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 LATIHAN BAHU www.evolutionfitnesscoach.com

Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes																
Stretching	1		30 Detik																	
Push up	1	10																		
Downward Facing Dog	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				
Plank Shoulder Tap	2	10	Pelan																	
Single Leg Arms Up	2	10/side	Pelan																	
Jumping Jacks	2	20	Cepat																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes																
1A DB OH Press	4	12	Pelan																	
1B Lateral raises	4	12	Pelan																	
2A Arnold Press	4	12	Pelan																	
2B Upright Row	4	12	Pelan																	
3A DB Front Raises	4	12	Pelan																	
3B DB Shrug	4	12	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.