

# Program A 2.1 & A 2.2

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Nama :

WARM UP																				
EXERCISE	Sets	Reps	Durasi	Notes	Week 1		Sets x Reps		Week 2		Sets x Reps		Week 3		Sets x Reps		Week 4		Sets x Reps	
Stretching	1		30 Detik			I	II		I	II		I	II		I	II		I	II	
Dynamic Warm up (Jump Jacks, High Knee & Kick Butt)	2-3	20 reps																		
CORE / BALANCE / PLYOMETRIC																				
EXERCISE	Sets	Reps	Tempo	Notes	Week 1		Sets x Reps		Week 2		Sets x Reps		Week 3		Sets x Reps		Week 4		Sets x Reps	
(Contoh Pengisian)						I	II		I	II		I	II		I	II		I	II	
BW Squat	2-3	12 reps	Sedang																	
Spider Plank	2-3	12 reps	Sedang																	
RESISTANCE TRAINING																				
EXERCISE	Sets	Reps	Tempo	Notes	Week 1		Sets x Reps		Week 2		Sets x Reps		Week 3		Sets x Reps		Week 4		Sets x Reps	
Dumble Squats and OH Press	3 Sets	12-14-16 reps	Sedang																	
Push up shoulder tap (Progress/Regress)	3 Sets	12-14-16 reps	Sedang																	
DB Reverse Lunges and Curl	3 Sets	12-14-16 reps	Sedang																	
DB Crunch Toe Touch (Leg raise)	3 Sets	12-14-16 reps	Sedang																	
COOLING DOWN																				
EXERCISE	Sets	Reps	Durasi	Notes	Week 1		Sets x Reps		Week 2		Sets x Reps		Week 3		Sets x Reps		Week 4		Sets x Reps	
Stretching	1		30 Detik																	

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