

Program B

www.evolutionfitnesscoach.com

Nama :

WARM UP																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													
Non Impact Half Squat Jack	1	20														
Non Impact Front Kick	1	20														
CORE / BALANCE					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 Bridges	1	30-60 sec	Pelan													
Marching	1	10-15	Pelan													
Standing Balance Reach	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													