

# Program B

[www.evolutionfitnesscoach.com](http://www.evolutionfitnesscoach.com)

Nama :

CIRCUIT

WARM UP																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													
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
RB Floor Hip Bridge	2	12 reps	Sedang													
SL RDL	2	@ 10 reps	Sedang													
180 degree Jump	2	20 reps	Cepat													
RESISTANCE TRAINING																
EXERCISE	Sets	Reps	Tempo	Notes												
DB Bulgarian Split Squat	3-4	12-15 reps	Sedang													
DB Fly	3-4	12-15 reps	Sedang													
DB Hamstring Curl	3-4	12-15 reps	Sedang													
DB One Arm Row	3-4	12 - 15 reps	Sedang													
RB Fire Hydrant	3-4	12-20 reps	Sedang													
DB Alternate Press	3-4	12-15 reps	Sedang													
COOLING DOWN																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													

# Program A

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Nama :

CIRCUIT

WARM UP																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													
Dynamic Warm up (Jump Jacks, High Knee & Kick Butt)	2-3	20 reps														
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		I	II		I	II		I	II		I	II
(Contoh Pengisian)																
Tube Walking	2	1-12	Sedang													
Reverse Lunges To High Knee	2	12	Sedang													
Jump Squat	2	12	Cepat													
RESISTANCE TRAINING																
EXERCISE	Sets	Reps	Tempo	Notes												
DB Front Squat	3-4	10-15	Sedang													
DB Chair Press	3-4	10-15	Sedang													
DB Staggered RDL	3-4	10-15	Sedang													
DB Bent Over Row	3-4	10-15	Sedang													
DB Hip Thrust	3-4	10-15	Sedang													
DB lateral Raise	3-4	10-20	Sedang													
COOLING DOWN																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													

# Program C

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Nama :

CIRCUIT

WARM UP																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													
Kick Butt)	2-3	20 reps														
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		I	II		I	II		I	II		I	II
(Contoh Pengisian)																
Push Up	2	12	Sedang													
Side Plank	2	30 sec	Sedang													
RESISTANCE TRAINING																
EXERCISE	Sets	Reps	Tempo	Notes												
Burpees DB Curl to OH	3 Sets	12	Sedang													
V ups	3 Sets	20	Sedang													
DB Squat to Rotating Press		12	Sedang													
Spiderman Plank		12	Sedang													
DB RDL & Upright Row	3 Sets	12	Sedang													
Plank Rotation	3 Sets	12	Sedang													
COOLING DOWN																
EXERCISE	Sets	Reps	Durasi	Notes												
Stretching	1		30 Detik													