|  |  |
| --- | --- |
| P. Session: | Power 1 |
| Week: | 1 |
| Date: | Tu 5.8. |

|  |  |  |
| --- | --- | --- |
| Exercise | | Series x Repetitions |
| 1) | Back lunges | 3 x 20 |
| 2) | Box Step ups | 3 x 10L/10P (3kg) |
| 3) | Rack squats | 3 x 20 |
| 4) | Back kick - machine | 3 x 20 |
| 5) | TRX – upper back pull ups | 3 x 10 |
| 6) | Bosu – Abs crunches | 3 x 20 |
| 7) | Calf raises | 3 x 5H – 15L |
| 8) | Lat. pull down front | 3 x 20 |
| 9) | Butterfly shoulders – lay down on belly | 3 x 20 - 20 |
| 10) | Clean: from knees to shoulders | 3 x 20 |

Pozn. No weight mostly – initial fitness session, Light weight –

Clean technicque – bar only

|  |  |
| --- | --- |
| P.Session: | Power 2 |
| Week: | 2 |
| Date: | Tu 12.8. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | 3-way lunges | 3 x 9L/9P |
| 2) | 1-leg step-ups on box wth medicinball | 3 x 10L/10P (3 kg) |
| 3) | Rack squats | 3 x 15 |
| 4) | Hamstring back kick machine | 3 x 15 |
| 5) | TRX push ups | 3 x 10 |
| 6) | Bosu – ABS climbers | 3 x 30 |
| 7) | Calf raises | 3 x 5H – 15Li |
| 8) | Lat. pull down - front | 3 x 15 |
| 9) | Lay – down – hurdle jump – lay down | 3 x 14 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Exc. 1) | 3) | 4) | 7)H - L | 8) |
| Mali | 3 kgL/P | 10 kg | 3b | 5 - 2 | 3b |
| Vero | 5 kg | 10 kg | 3b | 6 - 2 | 4 |
| Sany | 5 kg | 10 kg | 4b | 6 - 3 | 4 |
| Kerry | 5 kg | 10 kg | 3 | 5 – 2 | 3 |
| Tereza | 5 kg | 10 kg | 3 | 5 - 3 | 3 |
| Vaness | 5 kg | 10 kg | 3 | 5 - 2 | 3 |
| Elis | 5 kg | 10 kg | 3 | 5 - 2 | 3 |
| Luny | 5 kg | 10 kg | 3 | 6 - 2 | 4 |
| Máří | 5 kg | x quad | x quad | 5 - 2 | 4 |
| Sonja | 3 kg | 10 kg | 2,3 | 5 - 2 | 3 |
| Cebi |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Pozn.: Máří – tight quad

Vaness - sick

|  |  |
| --- | --- |
| P.Session: | Power 3 |
| Week: | 2 |
| Date: | Th 14.8. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | Biceps pullie on back | 3 x 15 - 5 |
| 2) | Pull-ups machine | 4 x 12 |
| 3) | Lat. pull down - back | 3 x 15 |
| 4) | Triceps - dips | 3 x 15 |
| 5) | Rowing | 3 x 15 |
| 6) | Saw on bench | 3 x 10L/10P |
| 7) | Push – ups – diff. styles | 4 x 10 |
| 8) | Shoulders – sit on bench push ups | 3 x 15 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Exc.1) | 2) | 3) | 5) | 8) |
| Mali | 2-4 | 10,9b | 3b | 3b | 3kg L/P |
| Vero | 3-5 | 9,10 | 4 | 3,2 | 3kg-2s. |
| Sany | 3-5 | 11 | 4 | 4,3 | 3kg |
| Kerry | 2-4 | 10,11 | 4 | 2 | 3kg |
| Tereza | 3-4 | 9 | 3 | 3 |  |
| Vaness | x | x | x | x | x |
| Elis | 3-4 | 9 | 3 | 4,3 | 3kg |
| Luny | 4-5 | 10,11 | 4 | 3 | 3kg |
| Máří | 3-4 | 8,9 | 4 | 3 | 3kg |
| Cebi | 3-4 | 8,9 | 4 | 3,4 |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |

Pozn:

|  |  |
| --- | --- |
| P.Session: | Power 4 |
| Week: | 3 |
| Date: | Tu 19.8. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | Rack squats | 3 x 3H – 10Li |
| 2) | Box one leg Jump – ups wth Med. | 3 x 12L/12P |
| 3) | Front kick machine | 3 x 15 |
| 4) | Gymball – waitress – upper back | 3 x 15 |
| 5) | Hamstring – back kick machine | 3 x 15 |
| 6) | Jerk – into squat | 3 x 8 |
| 7) | Gymball – oblique abs | 3 x 20 |
| 8) | 3 – way lunges | 3 x 12 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Exc. 1) | 3) | 5) | 6) |  |
| Sany | 20 / 10 kg | 4b. | 5b. | 5 kg + b. |  |
| Vero | 20/10 kg | 5b. | x – knee/abs | 5 kg + b. |  |
| Kerry | 20/10 kg | 4b. | 3b. | 5 kg + b. |  |
| Tereza | 15/10 kg | 4b. | 4b. | 0, 5kg + b. |  |
| Vanessa | 20/10 kg | 5b. | 3b. | 15kg + b. |  |
| Elis | 20/10 kg | 4b. | 4b. | 5kg + b. |  |
| Luny | 20/10 kg | 4b. | 4b. | 5kg + b. |  |
| Máří | 20/10 kg | 4b. | 4b. | 5kg + b. |  |
| Sonja | 20/10 kg | 3b. | 3,4b. | 5kg + b. |  |
| Vyky | 20/10 kg | 5b. | 5b. | 5kg + b. |  |
| Cebi | 15/10 kg | 4b. | 4b. |  |  |
|  |  |  |  |  |  |

Pozn.

|  |  |
| --- | --- |
| P.Session: | Power 5 |
| Week: | 3 |
| Date: | Th 21.8. |

|  |  |  |
| --- | --- | --- |
| Exercise | | Series x Repetitions |
| 1) | Biceps – pulley – lay on back | 3 x 12L – 6H |
| 2) | Pull-ups machine | 3 x 12 |
| 3) | Lay-down/hurdle/lay-down | 3 x 16 |
| 4) | Triceps – dips + Pushups | 3 x 12 - 12 |
| 5) | Rowing | 3 x 12 |
| 6) | Lat. pull down - front | 3 x 12 |
| 7) | Med. throw against wall | 3 x 15 |
| 8) | Expander - shoulders | 3 x 15 |
| 9) | Rack bench press – 45° | 3 x 15 |
| 10) | XCO –sit on gymball | 4 x 60 sec. |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** | Exc.1) | 2) | 5) | 6) | 9) |
| Vero | 3b/5b | 10b | 3 | 5,4 | 0 |
| Sany | 3b/5b | 10b | 4 | 4,5 | 0 |
| Kerry | 2/4b | 9b | 3 | 5,4 | 0 |
| Tereza | 3/4b | 9,8b | 3 | 4,3 | 0 |
| Vaness | 3b/5b | 8,7,8b | 4,5 | 3,4 | 0 |
| Elis | 3/4b | 9,8b | 4 | 3,4 | 0 |
| Luny | 4/5b | 10b | 3,4 | 4 | 0 |
| Máří | 3b/5b | 8,9b | 3 | 5,4 | 0 |
| Vyky | 3/4b | 8b | 4 | 4 | 0 |
| Kopy | 3b/5b | 10b | 3 | 4 | 0 |
| Cebi | 3b/5b | 9,8b | 6 | 5 | 0 |
|  |  |  |  |  |  |

Pozn.

|  |  |
| --- | --- |
| P.Session: | Power 6 Břeclav |
| Week: | 4 |
| Date: | Sat 23.8. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | Rack squats | 3 x 6 H x 10 L |
| 2) | Lunges n.1 | 3 x 12L/12R |
| 3) | Calf raises - machine | 3 x 6 H x 15L |
| 4) | Lunges n.2. | 3 x 12L/12R |
| 5) | Bosu squats (+ 10 – 15 kg dumbell) | 3 x 12 |
| 6) | TRX – One leg back lunges (TRX hold) | 3 x 12L/12R |
| 7) | Gymball – Flipped plank – bend knees and back | 3 x 12 |
| 8) | Step ups – L/jump –medicinball touch (4kg) | 3 x 12L/12P |

Pozn.:

1. power – Břeclav – different power room – Chris – the leader – no measurements taken

|  |  |
| --- | --- |
| P.Session: | Power 7  Břeclav |
| Week: | 4 |
| Date: | Tu 26.8. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | Dips – Push up series | 4 x 12 - 12 |
| 2) | Rowing | 12 - 10 – 8 – 10 |
| 3) | Lat. pull – down - front | 12 – 10 – 8 – 10 |
| 4) | Medicinball throw front/back | 4 x 10 - 10 |
| 5) | Expander - shoulders | 4 x 20 |
| 6) | Rack bench press – 45° | 4 x 12 |
| 7) | XCO – shaking- shoulders | 5 x 60 s |
| 8) | TRX – biceps - triceps | 3 x 10 - 10 |

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Exc. 2) | 3) | 6) |
| Sany | 4-5-6-6 | 4,5,6,5 | 0 kg |
| Vero | 2 \* | 3\* | - |
| Vaness | 4,5,6,5 | 3,4,5,4 | - |
| Elis | 3,4,5,4 | 3,4,5,4 | - |
| Anička | 3,4,5,4 | 2,3,4,3 | - |
| Luny | 3,4,5,4 | 3,4,5,4 | - |
| Máří | 3,4,5,4 | 3,4,5,4 | - |
| Tereza | 3,4,4,3 | 3,4,5,3 | - |
| Viky | 4,5,6,5 | 3,4,5,4 |  |
| Sonja | 3,4,4,3 | 3,4,5,4 |  |
| Cebi |  |  |  |

Pozn: Vero – light weights 4 x 25-30

|  |  |
| --- | --- |
| P.Session: | Power 8 |
| Week: | 4 |
| Date: | San 31.8. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | TRX knee pulls | 4 x 12 |
| 2) | Barbell get-up | 4 x 8L/8P (3 kg) |
| 3) | Barbell bench press – 45° | 4 x 12 |
| 4) | Front squat | 4 x 10 |
| 5) | Women push ups + clap | 4 x 12 |
| 6) | Back cross lunges | 4 x 12L/R |
| 7) | Lat. pull down – undergrip | 4 x 12 |
| 8) | Oposite pullies | 4 x 12 |
| 9) | Pull ups from laying - undergrip | 4 x 12 – own weight |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Exc.3) | 4) | 6) | 7) | 8) |
| Vaness | 7,5 kg L/P | 20 kg | 10 kgL/P | 4 b. | 3b L/P |
| Eli | 5kgL/P | 20 kg | 10 kgL/P | 4 b. | 3b L/P |
| Mari | 7,5 kgL/P | 20 kg | 10 kgL/P | 5b. | 4b L/P |
| Tereza | 5,3 kg L/P | 10 kg | 10 kgL/P | 3b. | 2,3b L/P |
| Vero | 7,5 kg L/P | no weight\* | 10 kgL/P | 4 x 20 3b. | 3 b L/P x 20 |
| Kerry | 5kg L/P | 10 kg | 10 kgL/P | 4 b. | 2,3 b L/P |
| Sany | 7,5 kgL/P | 20 kg | 10 kgL/P | 5b. | 4b L/P |
| Kopy | 5 kgL/P | 10 kg | x - knee | 4 b. | 2,3b L/P |
| Vyky | 7,5 kg L/P | 20 kg | 10 kgL/P | 5b. | 4 b L/P |
| Anička | 7,5 kg L/P | 20 kg | 10 kgL/P | 4b. | 3 b L/P |
| Luny | 7,5 kg L/P | 20 kg | 10 kgL/P | 4,5b. | 4 b L/P |
| Uhli | 5 kgL/P | 20 kg | 10 kgL/P | 4 b. | 3,4 b L/P |
| Hrazda | 5 kgL/P | 20 kg | 10 kgL/P | 4 b. | 3 b L/P |
| Cebi | 7,5 kg L/P | 20 kg | 10 kgL/P | 5b. | 4 b L/P |

Pozn.

Vero – 4 x 20 - lighter weight, knee – no weight

Kopy – knee pain

|  |  |
| --- | --- |
| P.Session: | Power 9 |
| Week: | 5 |
| Date: | Tu 2.9. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | Bike | 2 x 120s (20s H/10s L) |
| 2) | TRX - spiderman | 4 x 20 |
| 3) | Dips – Push ups combo | 4 x (12 – 12) |
| 4) | Leg press | 4 x (10 – 10) |
| 5) | Throws – 4kg back - front | 4 x (12 – 12) |
| 6) | Gymball – knees under and out | 4 x 20 |
| 7) | Peck deck | 4 x 20 |
| 8) | Front kick machine | 4 x 20 |

|  |  |  |  |
| --- | --- | --- | --- |
| Name | Exc.4) | 7) | 8) |
| Tereza | 50,55 kg | 3 | 4b |
| Sany | 75 kg | 3 | 4 |
| Vero | 75 kg | 2,3 | 3 |
| Vaness | 75 kg | 1 | 2 |
| Eliz | 65 kg | 2 | 1 \* knee |
| Máří | 75 kg | x shoulder | 3 |
| Verunka | 75 kg |  | 2 \* knee |
| Anička | 75 kg | 3,2 | 3 |
| Vyky | 80 kg | 3 | 4 |
|  |  |  |  |

Pozn: - power after travelling, lighter – more repetitions

|  |  |
| --- | --- |
| P.Session: | Power 10 |
| Week: | 5 |
| Date: | Fri 5.9. |

|  |  |  |
| --- | --- | --- |
| Excercise | | Series x Repetitions |
| 1) | Rack squats | 10 – 8 – 6- 4 -10box jumps |
| 2) | Rowing | 10 – 8 -6-4 – 10 |
| 3) | TRX – Lunges + jump on box | 4 x 10L – 10P |
| 4) | XCO – shake on gymball | 4 x 70s |
| 5) | Lat. pull down - back | 10 – 8 – 6 – 4- 10 |
| 6) | Front kick machine (from 90°only) | 10 – 8 – 6 – 4-10 |
| 7) | Rozpažky v předklonu | 4 x 10 |
| 8) |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Name | Exc.1) | 2) | 5) < 3b. | 6) <6b. | 7) |
| Sany | 10,25,50,70kg | 4th-9 | 5,6,7,8,5 | 5,6,7,9,7 | 10 kg L/P |
| Hrazda | 10,25,40,50kg | 4th-9 | 4,5,6,7,4 | 5,6,7,10,7 | 5kgL/P |
| Luny | 10,25,25,40kg | 4th-9 | 5,6,7,8,5 | 5,6,7,9,7 | 7,10 L/P |
| Vyky | 15,25,50,80kg | 4th-10,5 | 5,6,7,8,5 | 5,7,8,9,6 | 10 kgL/P |
| Tereza | 10,15,30,50kg | 4th - | 4,5,6,7,5 | 4,5,6,7,4 | 3kg L/P |
| Uhli | 15,25,50,70kg | 4th | 4,5,5,6,4 | 5,6,8,9,5 | 5 kg L/P |
| Máří | 15,25,50,70kg | 4th | 4,5,6,7,4 | 5,7,9,10,6 | 7,5 kgL/P |
| Anni | 15,25,50,70kg | 4th | 4,5,5,6,4 | 5,6,7,8,5 | 5 kg L/P |
| Vaness | 10,20,40,65kg | 4th | 5,6,7,8,5 | 3,3,3,3,3\* | 5 kg L/P |
| Elis | 10,20,35,45kg | 4th | 5,6,7,8,5 | \* knee | 5 kg L/P |
| Vero | 10,20,35,45kg | 4th | 3,3,3,3,3 | \* knee | 7,5 kg L/P |
| Cebi | 15,25,50,75kg | 4th | 5,6,7,8,5 | 5,7,8,9,5 | 7,5 /10 kg L/P |

Pozn.

\*Luny – lighter - lower back

\* rowing – different kg bars.