

Das Core-Training

WARM UP	ÜBUNG	SÄTZE	DAUER	MODUS	FREQUENZ	AMPLITUDE	PAUSE
1	½ SQUAT	1	30sec	TILT	20Hz	0.8mm	60sec
ÜBUNG							
2	UNTERARM LIEGESTÜTZ	1	30sec	FLAT	25Hz	0.6mm	60sec
3	BRÜCKE 90°	1	30sec	TILT	24Hz	1.0mm	60sec
4	SIT UPS	1	30sec	FLAT	25Hz	0.6mm	60sec
5	SEITLICHE BRÜCKE	1	30sec	FLAT	25Hz	0.6mm	60sec
6	LIEGESTÜTZ	1	30sec	FLAT	25Hz	0.6mm	60sec
COOL DOWN							
7	DEHNEN GESÄßMUSKULATUR	1	30sec	FLAT	25Hz	0.2mm	60sec
8	ENTSPANNUNG PO&OBERSCHENKEL	1	60sec	FLAT	50Hz	0.2mm	---