

# GO WITH THE FLO

	<b>Monday</b>	done	Tuesday	<b>Wednesday</b>	done	Thursday	<b>Friday</b>	done	Saturday	Sunday	done/ ;-)
Week 1 (5x5)	Workout 1		restday	Workout 2		restday	Workout 3		restday	40 min run/swim	
Week 2 (5x5)	Workout 1		restday	Workout 2		restday	Workout 3		restday	40 min run/swim	
Week 3 (5x5)	Workout 1		restday	Workout 2		restday	Workout 3		restday	40 min run/swim	
Week 4 (5x5)	Workout 1		restday	Workout 2		restday	Workout 3		restday	40 min run/swim	
Week 5 (5x5)	Workout 1		restday	Workout 2		restday	Workout 3		restday	40 min run/swim	
Week 6 (5x5)	Workout 1		restday	Workout 2		restday	Workout 3		restday	40 min run/swim	

**Week 1-2:** 45 sec. Ac/ 15 sec.rest

**Week 3-4:** 45 sec. Ac/ 15 sec. rest

**Week 5-6:** 45 sec. Ac/ 15 sec. rest

**Workout 1:**

1. Squat Jumps
2. Plank diagonal lift
3. Russian Twist
4. Triceps Push Ups
5. Swimming

45 sec. Ac/ 15 sec. rest

45 sec. Ac/ 15 sec. rest

45 sec. Ac/ 15 sec. rest

**Workout 2:**

1. Reverse Lunges right
2. Reverse Lunges left
3. Criss Cross
4. Push Ups
5. Back lifts

45 sec. Ac/ 15 sec. rest

45 sec. Ac/ 15 sec. rest

45 sec. Ac/ 15 sec. rest

**Workout 3:**

1. One leg Squat right
2. One leg Squat left
3. Touch your heels
4. Burpees
5. Paddling

**5 exercises x 5 rounds**

**5 exercises x 5 rounds**

**5 exercises x 5 rounds**

You can find videos for all the exercises in the members area at [www.gowiththeflo.at](http://www.gowiththeflo.at). There you will also find further tips and tricks. You can also find BONUS MATERIAL with Warm Up Ideas, Stretching and Yoga. Don't forget to follow [@gowiththeflo\\_blog\\_fitness](https://twitter.com/gowiththeflo_blog_fitness) for more motivation!

Trainingsplan by Fitness Instructor Mag. Eckerstorfer Katrin

[www.gowiththeflo.at](http://www.gowiththeflo.at)

info@gowiththeflo.at

0664-2027169