



Fitte Eltern, glückliche Kinder.

GO WITH THE FLO

	Montag	done	Dienstag	Mittwoch	done	Donnerstag	Freitag	done	Samstag	Sonntag	done/ ;-)
Woche 1	Training Variante 1	1	Pause	Training Variante 2	2	Pause	Training Variante 3	3	Pause	35 min Laufen/ Schwimmen	
Woche 2	Training Variante 1	4	Pause	Training Variante 2	5	Pause	Training Variante 3	6	Pause	35 min Laufen/ Schwimmen	
Woche 3	Training Variante 1	7	Pause	Training Variante 2	8	Pause	Training Variante 3	9	Pause	45 min Laufen/ Schwimmen	
Woche 4	Training Variante 1	10	Pause	Training Variante 2	11	Pause	Training Variante 3	12	Pause	45 min Laufen/ Schwimmen	
Woche 5	Training Variante 1	13	Pause	Training Variante 2	14	Pause	Training Variante 3	15	Pause	55 min Laufen/ Schwimmen	
Woche 6	Training Variante 1	16	Pause	Training Variante 2	17	Pause	Training Variante 3	18	Pause	55 min Laufen/ Schwimmen	

Variante 1: (5x5)

Wo 1-2: 45 sec. Ac/ 15 sec. Pause

Wo 3-4: 45 sec. Ac/ 15 sec. Pause

Wo 5-6: 45 sec. Ac/ 15 sec. Pause

1. Squat Jump & Lunges
2. Knee Up re.
3. Plank Armkreisen + 2A Jump
4. Knee Up li.
5. Grätsche, Schere, Schere

Variante 2: (5x5)

45 sec. Ac/ 15 sec. Pause

45 sec. Ac/ 15 sec. Pause

45 sec. Ac/ 15 sec. Pause

1. Squats & Up
2. Let's swing it
3. Sit Up & Touch
4. Plank Jump & Up
5. Sumo Squat oben

Variante 3: (9x3)

45 sec. Ac/ 15 sec. Pause

45 sec. Ac/ 15 sec. Pause

45 sec. Ac/ 15 sec. Pause

1. Floor Touch Squats
2. Burpees
3. Sit Ups
4. Donkey Jumps
5. Seilspringen

pro Tag anderes Kleingerät

schwarz/ grau/ türkis

2x1kg/ 2x2kg/ 2x3kg + Sprungseil