

By Fabien

For BKK skaters

For stretching:
use exercises
from platform

For Rubber-band:
use exercises
from platform

For Warm-up:
use one exercise
one music track
long (from platform)

PROGRAM		
Monday	Wednesday	Friday
Warm-up	Warm-up	Warm-up
Explosivity - pick 1 exercise	Explosivity - pick 1 exercise	Cardio - 6 exercises
Core - 5 exercises - circuit training	Rubber-band exercises	Yoga
Explosivity - pick 1 exercise	Explosivity - pick 1 exercise	Cardio - 6 exercises
Cardio - pick 1 exercise	Lower body - 5 exercises (circuit training)	Meditation
Core - 5 exercises (circuit training)	Rubber-band exercises	
Cardio - pick 1 exercise	Lower body - 5 exercises (circuit training)	
Stretching	Stretching	

For Core:
priority on skipping rope
use exercises from platform