

SUSPENSION TRAINER

Ready for a full body workout? We've got 3 for you. You can either choose to use your suspension trainer program 2-3 times a week or use it as a supplement to another training programme or sport.

RIR EXPLAINED

Want to feel the results? In the "REPS" section, you can see a term called RIR. This means "reps in reserve". When the program claims 1-2 RIR it means, you should continue until you only have 1-2 repetitions left before failure. (Or you can decide to do e.g 12-15 reps). Write your number under "set" and fill out the total number of reps. The next time, you try the program, you should increase the numbers of total reps completed (or if possible, make a harder version of the exercise/add weight).

The suspension trainer is a perfect way to upgrade your body weight workout. It can be scaled to all levels of fitness and can be used everywhere. Around a tree or behind a door.

The suspension trainer is in addition a great way to a stronger core, as you have to stabilize in all exercises.

FULL BODY 01

		SETS	REPS	REST	1. SET	2. SET	3. SET	4. SET	TOTAL REPS	NOTES
A1	Single Leg Squat (Scale: Squat)	4	1-2 RIR	20 sec						
A2	Rows	4	1-2 RIR	1 min						
SUPERSET										
B1	Jump Squat	3	1-2 RIR	20 sec						
B2	Push Ups	3	1-2 RIR	1 min						
SUPERSET										
C1	Biceps Curls	3	1-2 RIR	20 sec						
C2	Triceps Extension	3	1-2 RIR	1 min						
FINISHER // TABATA - 40 WORK /20 REST (4 MIN)										
1	Mountain Climbers	4	20 sec	10 sec						
2	Knee Tucks	4	20 sec	10 sec						

FULL BODY 02

		SETS	REPS	REST	1. SET	2. SET	3. SET	4. SET	TOTAL REPS	NOTES
A1	Hamstring Curls	4	1-2 RIR	20 sec						
A2	One arm row	4	1-2 RIR	1 min						
SUPERSET										
B1	Split Squat	3	1-2 RIR	20 sec						
B2	Rear Delt Flyes	3	1-2 RIR	1 min						
SUPERSET										
C1	Shoulder press	3	1-2 RIR	20 sec						
C2	Row-rotations	3	1-2 RIR	1 min						
FINISHER // TABATA - 40 WORK /20 REST (4 MIN)										
1	1 knee tuck + 1 pike	3	12 Reps	10 sec						
2	Oblique Crunches	3	12 Reps	10 sec						

FULL BODY 3 + CIRCUIT

		SETS	REPS	REST	1. SET	2. SET	3. SET	4. SET	TOTAL REPS	NOTES
A1	Lunges	4	1-2 RIR	20 sec						
A2	Face Pulls	4	1-2 RIR	1 min						
SUPERSET										
B1	Curtsy Lunges	3	1-2 RIR	20 sec						
B2	Chest Press	3	1-2 RIR	1 min						
SUPERSET										
C1	Shoulder press	3	1-2 RIR	20 sec						
C2	Row-rotations	3	1-2 RIR	1 min						
FINISHER // TABATA - 40 WORK /20 REST (4 MIN)										
1	Mountain Climbers	3	45 sec	15 sec						
2	Knee Tucks	3	45 sec	15 sec						
3	Plank	3	45 sec	15 sec						
4	Core side dip		45 sec	15 sec						
5	Running on the spot	3	45 sec	1 min						