

Handy Gym **ELITE**



***TRAINING
PLANS***

HYPERTROPHY | CARDIOVASCULAR | STRENGTH | POWER | ENDURANCE

CAPTION:

 Work time

Modality: **vertical** (move from one exercise to the next)

Modality: **horizontal** (perform all sets of the same exercise before moving on to the next one)

Type of load: **low** (yellow discs) / **medium** (blue discs)

Type of anchorage: **machine in hand** / **anchored machine**

Handy Gym ELITE execution and grip video

Full body training plan

HYPERTROPHY

Handy Gym **ELITE**

WARM UP

N° of series: **3** | **No rest** between sets | Modality: **vertical**



SQUATS

Reps. **10**



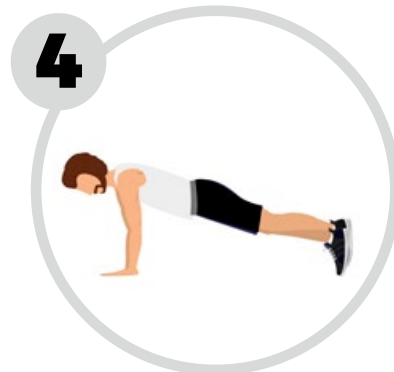
DYNAMIC WALL SLIDE

Reps. **5**



REVERSE LUNGE

Reps. **5** by side



PLANK IN 4 SUPPORTS

Reps. **2 of 10"** *maintaining the position*

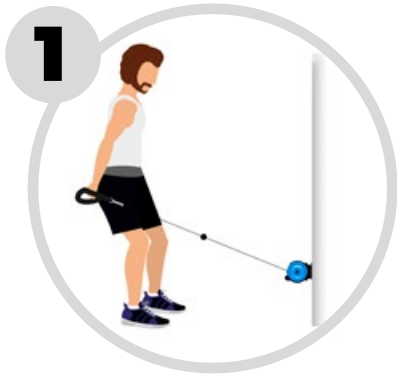


BILATERAL DEADLIFT

Reps. **10**

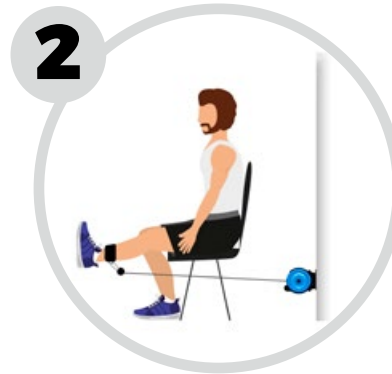
MAIN TRAINING

N° of series: **3 - 4** | Rest between exercises: **90"** | Modality: **horizontal** | Load: **medium - low**



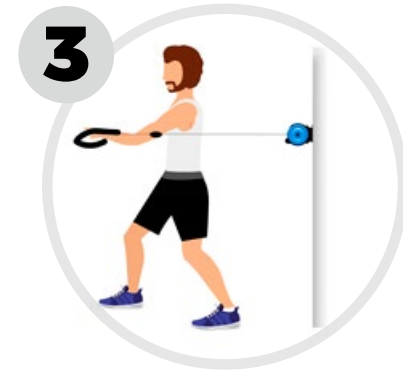
TWO-HAND TRACTION

Reps. **12**



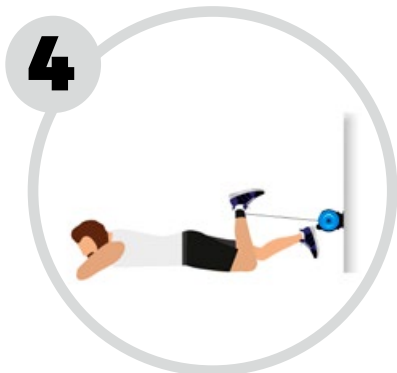
SEATED KNEE EXTENSION

Reps. **8** by side



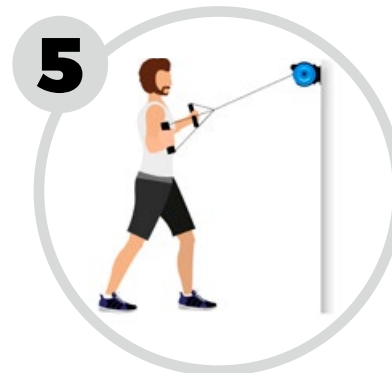
ONE-HAND FRONT PRESS

Reps. **8** by side



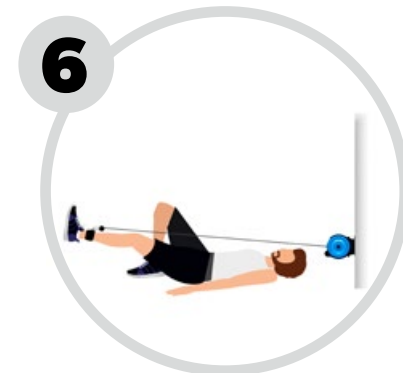
KNEE FLEXION FROM PRONE

Reps. **8** by side



BIRDS IN HIGH PULLEY

Reps. **12**



SUPINE HIP FLEXION-EXTENSION

Reps. **8** by side

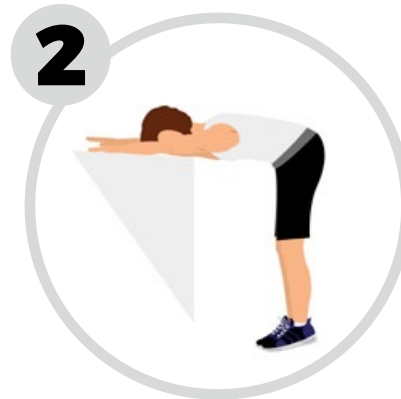
UPPER BODY **STRETCHING**

N° of series: **1**




**STRETCH
CERVICAL ZONE**

 20"



**STRETCHING
OF THE DORSAL AREA**

 20"



**PECTORALS AND SHOULDER
CAPSULE STRETCH**

 20" by side

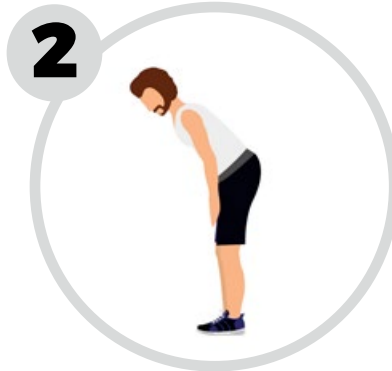
LOWER BODY **STRETCHING**

N° of series: **1**




**QUADRICEPS
STRETCH**

 **20"** by side



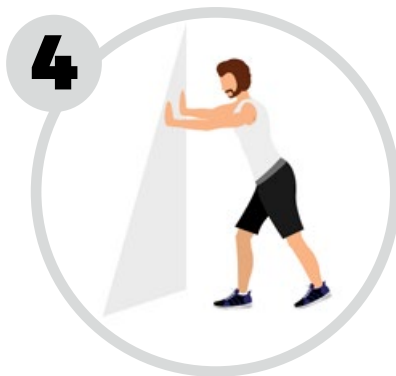
**BICEPS FEMORIS
STRETCH**

 **20"**



**ABDUCTOR
STRETCHING**

 **20"** by side



ABDUCTOR STRETCHING

 **20"** by side



GLUTEAL STRETCH

 **20"** by side

Training plan for

CARDIOVASCULAR

Handy Gym **ELITE**

WARM UP

N° of series: **4** | **No rest** between sets | Modality: **vertical**

1



SQUATS

Reps. **10**

2



REVERSE LUNGE

Reps. **5** by side

3



BILATERAL DEADLIFT

Reps. **10**

4



**SIDE
SQUAT**

Reps. **5** by side

5



**JUMPING
JACKS**

🕒 **20"**

6



**LATERAL DISPLACEMENT
IN SPACE**

🕒 **20"**

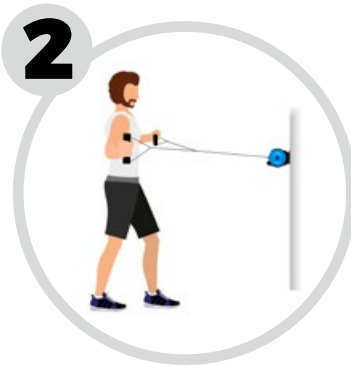
MAIN TRAINING

N° of series: **4** | Rest between exercises: **120"** | Modality: **vertical**



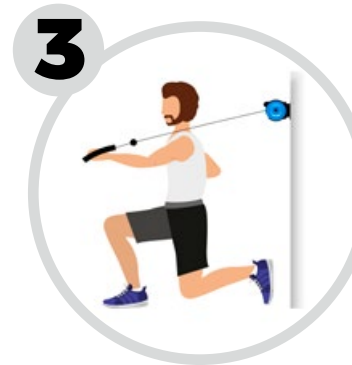
SHOT PUT

🕒 15" by side



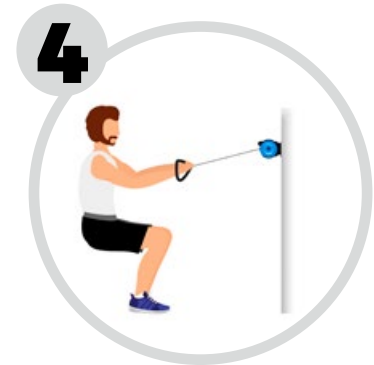
BIRDS WITH SQUAT

🕒 20"



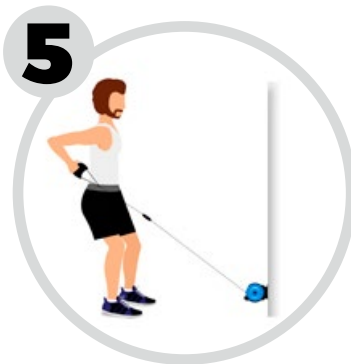
LUNGE CHEST PRESS

🕒 15" by side



CHEST ROWING WITH SQUAT

🕒 20"



ROWING PIVOTING

🕒 20"

HIT

N° of series: **1** | Reps. **6** 🕒 20" of work - 20" of



ALTERNATING JUMP SQUAT

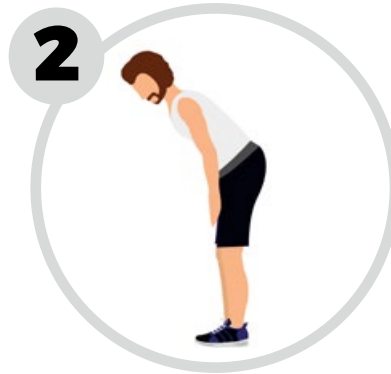
LOWER BODY **STRETCHING**

N° of series: **1**




QUADRICEPS STRETCH

 **20"** by side



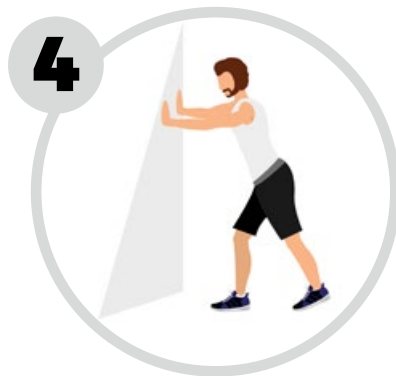
BICEPS FEMORIS STRETCH

 **20"**



ABDUCTOR STRETCHING

 **20"** by side



ABDUCTOR STRETCHING

 **20"** by side



GLUTEAL STRETCH

 **20"** by side

Training plan for

STRENGTH

WARM UP

N° of series: **4** | **No rest** between sets | Modality: **vertical**

1



SQUATS

Reps. **10**

2



DYNAMIC WALL SLIDE

Reps. **5**

3



REVERSE LUNGE

Reps. **5** by side

4



PLANK IN 4 SUPPORTS

Reps. **2 of 10"** *maintaining the position*

5

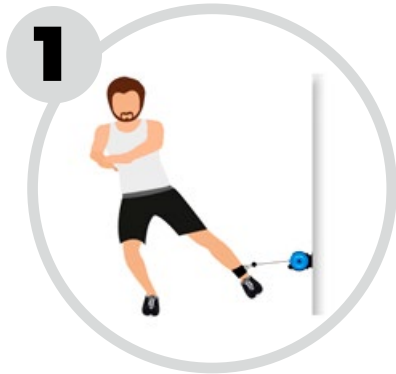


BILATERAL DEADLIFT

Reps. **10**

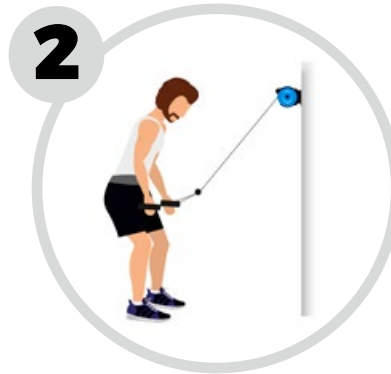
MAIN TRAINING

N° of series: **3 - 5** | Rest between sets: **180"** | Modality: **horizontal** | Load: **medium**



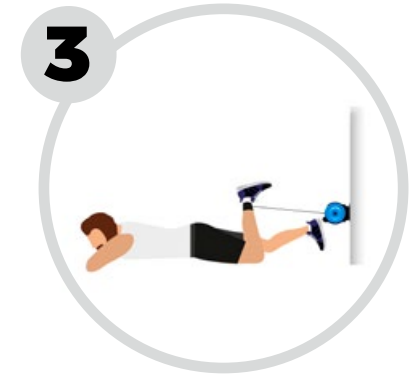
LATERAL SHUFFLE

Reps. **4** by side



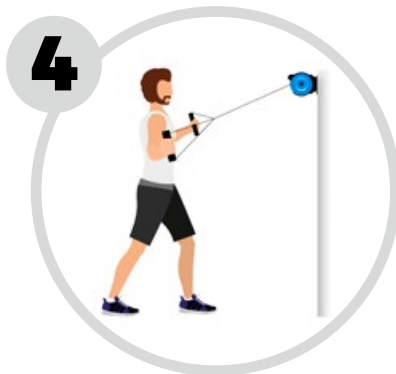
TWO HANDS PULL OVER

Reps. **6**



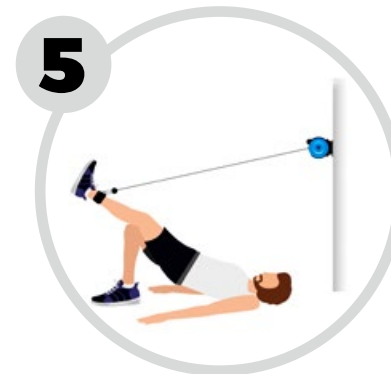
PRONE KNEE FLEXION

Reps. **4** by side



BIRDS IN HIGH PULLEY

Reps. **6**

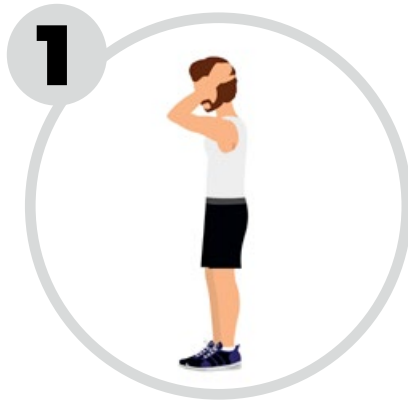


UNIPODAL HIP EXTENSION

Reps. **4** by side

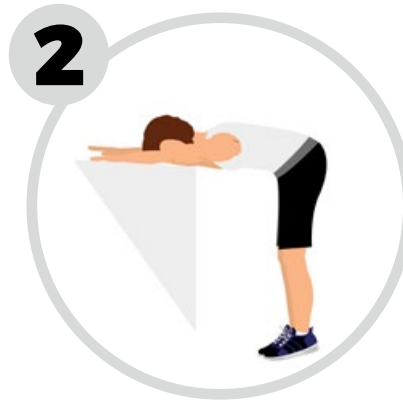
UPPER BODY **STRETCHING**

N° of series: **1**




**STRETCH
CERVICAL ZONE**

 20"



**STRETCHING OF
THE DORSAL AREA**

 20"



**PECTORALIS AND SHOULDER
CAPSULE STRETCH**

 20"

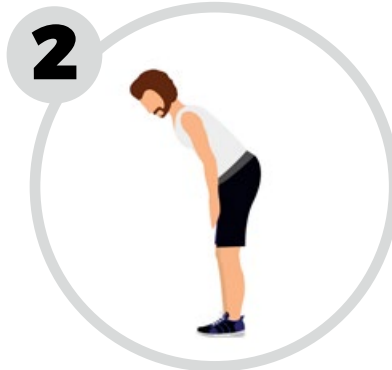
LOWER BODY **STRETCHING**

N° of series: **1**




**QUADRICEPS
STRETCH**

 **20"** by side



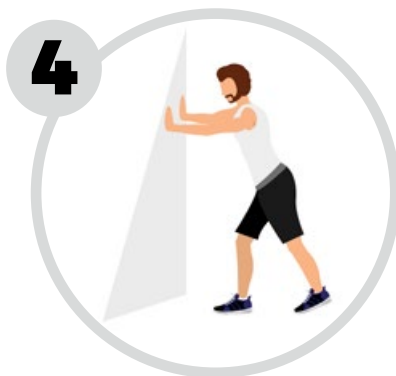
**BICEPS FEMORIS
STRETCH**

 **20"**



**ABDUCTOR
STRETCHING**

 **20"** by side



ABDUCTOR STRETCHING

 **20"** by side



GLUTEAL STRETCH

 **20"** by side

Training plan for
POWER

Handy Gym **ELITE**

WARM UP

N° of series: **3** | **No rest** between sets | Modality: **vertical**



SQUATS

Reps. **10**



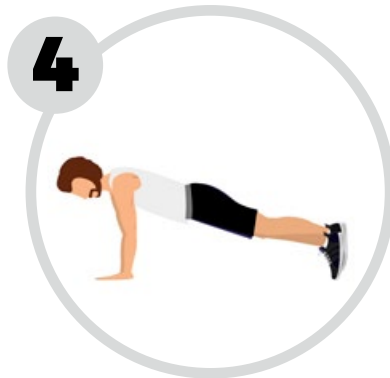
DYNAMIC WALL SLIDE

Reps. **5**



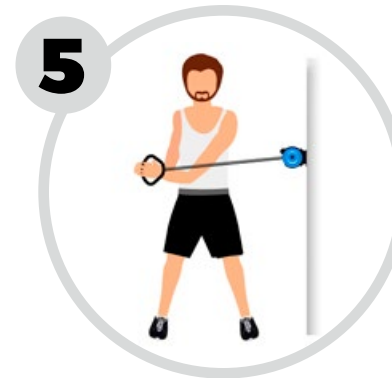
REVERSE LUNGE

Reps. **5** by side



**PLANK IN 4
SUPPORTS**

Reps. **2 of 10"** *maintaining the position*

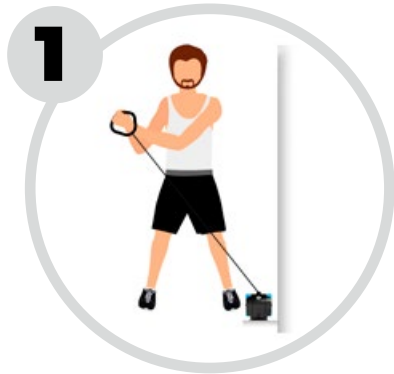


**HORIZONTAL ROTATIONS
WITH PULLEY AT 90°**

Reps. **10**

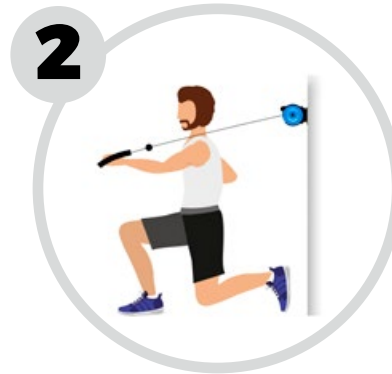
MAIN *TRAINING*

N° of series: **3 - 5** | Rest between sets: **180"** | Modality: **horizontal** | Load: **medium**



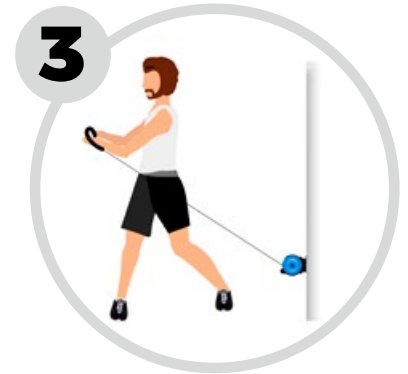
PRESS PALLOF WITH SQUAT

Reps. **2** by side



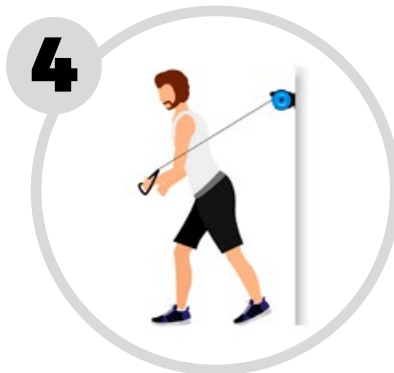
STRIDE CHEST PRESS

Reps. **2** by side



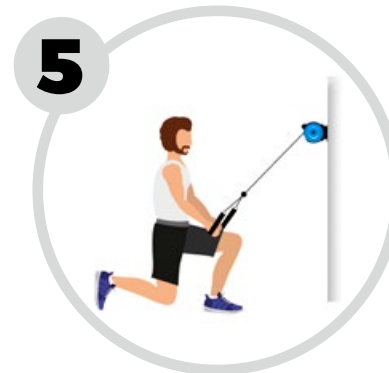
UPWARD ROTATION

Reps. **2** by side



LUNGE

Reps. **2** by side

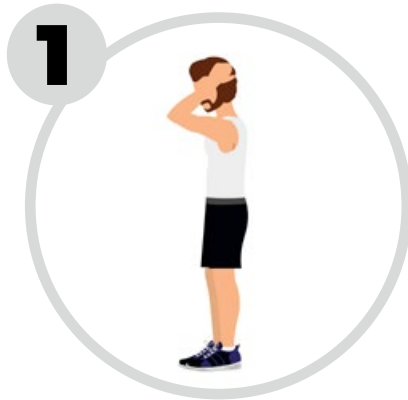


**DOWNWARD TRACTIONS
WITH REVERSE LUNGE**


Reps. **2** by side

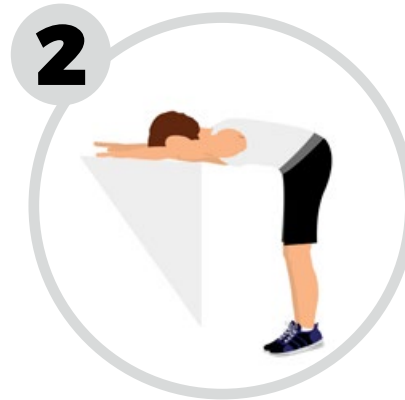
UPPER BODY **STRETCHING**

N° of series: **1**



**STRETCH
CERVICAL ZONE**

 **20"**



**STRETCHING OF
THE DORSAL AREA**

 **20"**



**PECTORALIS AND SHOULDER
CAPSULE STRETCH**

 **20"** by side

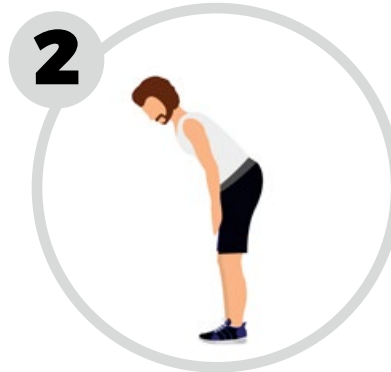
LOWER BODY **STRETCHING**

N° of series: **1**




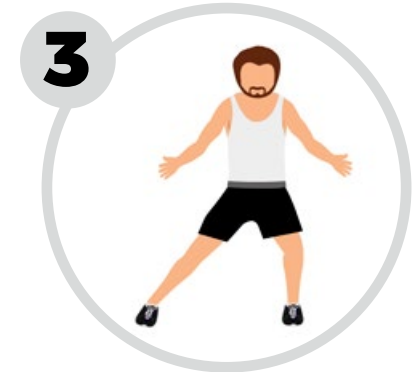
**QUADRICEPS
STRETCH**

 **20"** by side



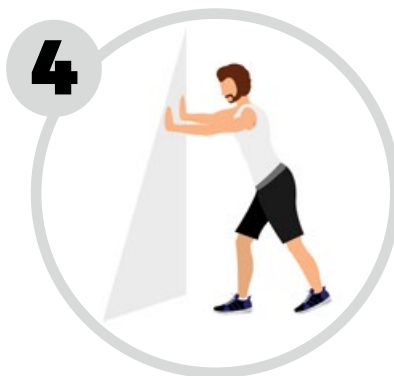
**BICEPS FEMORIS
STRETCH**

 **20"**



**ABDUCTOR
STRETCHING**

 **20"** by side



ABDUCTOR STRETCHING

 **20"** by side



GLUTEAL STRETCH

 **20"** by side

Training plan for

ENDURANCE

WARM UP

N° of series: **2** | **No rest** between sets | Modality: **vertical**



SQUATS

Reps. **15**



DYNAMIC WALL SLIDE

Reps. **8**



REVERSE LUNGE

Reps. **8** by side

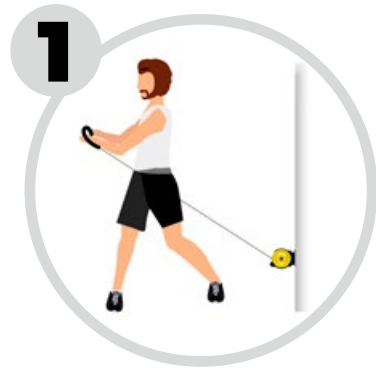


PLANK IN 4 SUPPORTS

Reps. **4 of 8"**
maintaining the position

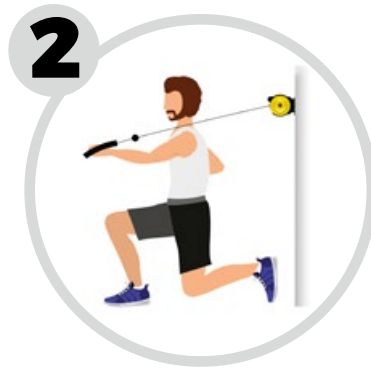
MAIN *TRAINING*

N° of series: **3 - 4** | Rest between exercises: **60"** | Rest between sets: **120"** | Modality: **horizontal** | Load: **low**



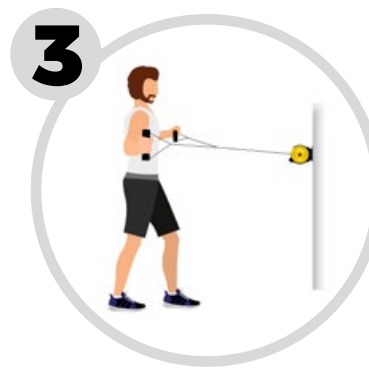
**UPWARD
ROTATION**

Reps. **12** by side



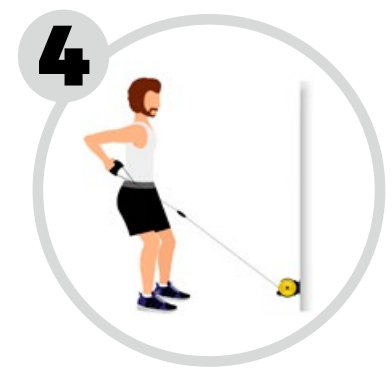
**CHEST PRES
WITH STRIDE**

Reps. **12** by side



**BIRDS
WITH SQUAT**

Reps. **15**



**ROWING
PIVOTING**

Reps. **15**

UPPER BODY **STRETCHING**

N° of series: **1**

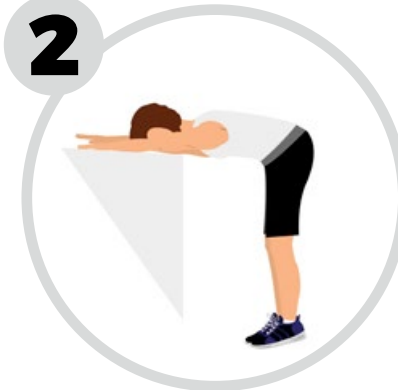
1




**STRETCH
CERVICAL ZONE**

 **20"**

2



**STRETCHING OF
THE DORSAL AREA**

 **20"**

3

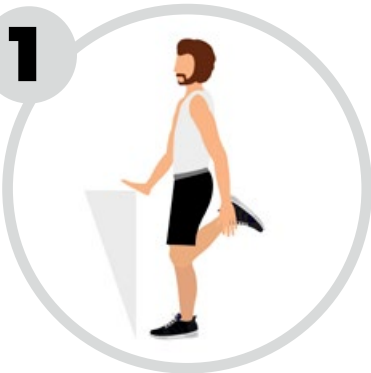


**PECTORALS AND SHOULDER
CAPSULE STRETCH**

 **20"** by side

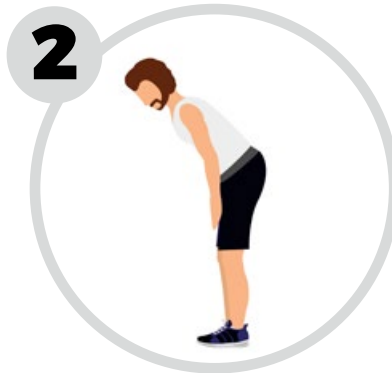
UPPER BODY **STRETCHING**

N° of series: **1**



**QUADRICEPS
STRETCH**

20" by side



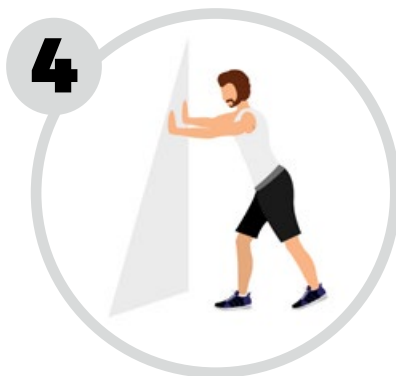
**BICEPS FEMORIS
STRETCH**

20"



**ABDUCTOR
STRETCHING**

20" by side



ABDUCTOR STRETCHING

20" by side



GLUTEAL STRETCH

20" by side