


# Handy Gym **PRO**



## ***TRAINING PLANS***

**HYPERTROPHY | CARDIOVASCULAR | STRENGTH | POWER | ENDURANCE**

## CAPTION:

 Work time

Modality: **vertical** (move from one exercise to another)

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) | **high** (red discs)

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

**Handy Gym PRO** execution and grip video

Full body training plan

# **HYPERTROPHY**

## ***WARM UP***

N° of series: **3** | **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 de 10"** *maintaining the position*

**5**

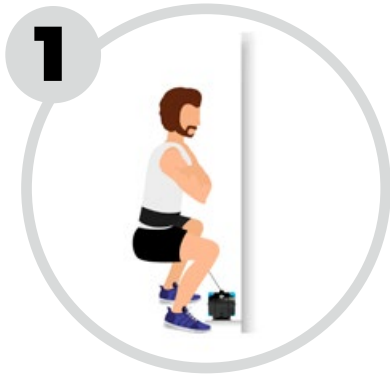


**BILATERAL DEADLIFT**

Reps. **10**

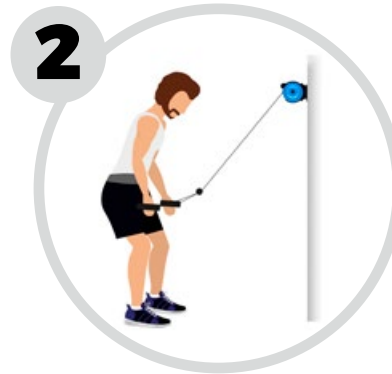
## MAIN TRAINING

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



**SUMO SQUAT**

Reps. **12**



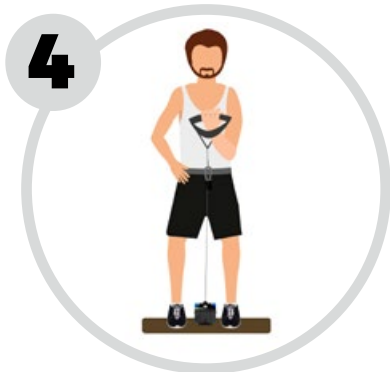
**TWO HANDS PULL OVER**

Reps. **12**



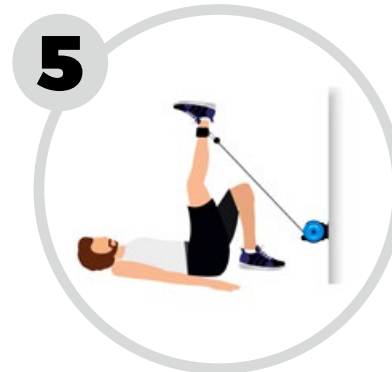
**STATIONARY LUNGE**

Reps. **8** by side



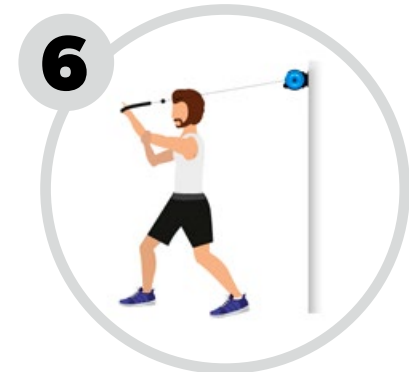
**ONE-HAND BICEPS CURL  
ON PLATFORM**

Reps. **8** by side



**KNEE EXTENSION  
FROM SUPINE**

Reps. **8** by side



**TRICEPS  
KICK**

Reps. **8** by side

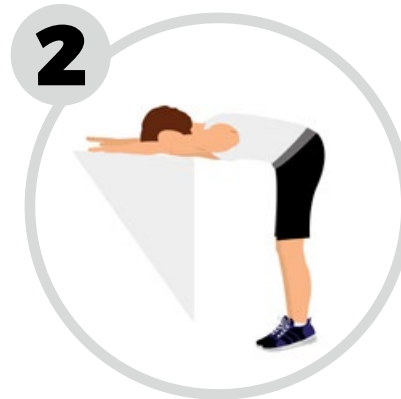
## *UPPER BODY* **STRETCHING**

N° of series: **1**



**STRETCH  
CERVICAL ZONE**

🕒 20"



**STRETCHING OF  
THE DORSAL AREA**

🕒 20"



**PECTORAL AND SHOULDER  
CAPSULE STRETCHING**

🕒 20" by side

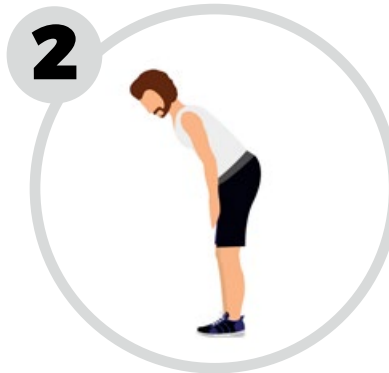
## *LOWER BODY* **STRETCHING**

N° of series: **1**




**QUADRICEPS  
STRETCH**

 **20"** by side



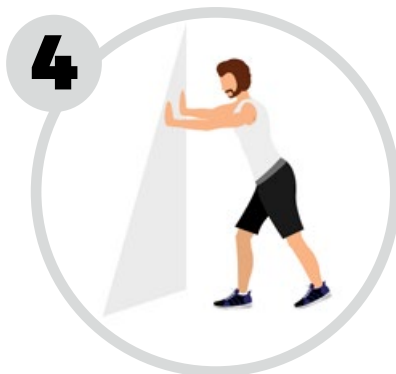
**BICEPS FEMORIS  
STRETCH**

 **20"**



**ABDUCTOR  
STRETCHING**

 **20"** by side



**ABDUCTOR STRETCHING**

 **20"** by side



**GLUTEAL STRETCH**

 **20"** by side

Training plan for

# CARDIOVASCULAR



## ***WARM UP***

N° of series: **4** | N° 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**



**UNILATERAL DEADLIFT**

Reps. **5**  
by side

**6**

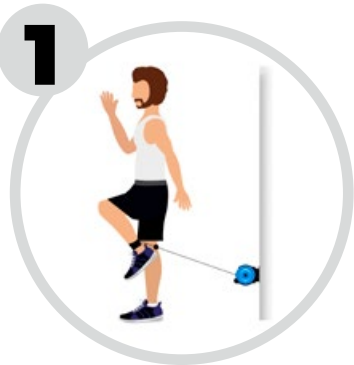


**ALTERNATING JUMP SQUAT**

Reps. **5** without jump  
+ **5** with jump

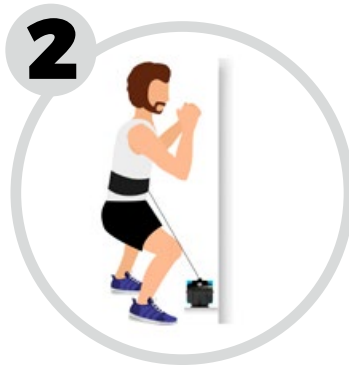
## **MAIN** *TRAINING*

N° of series: **4** | Rest between exercises: **150"** | Modality: **vertical**




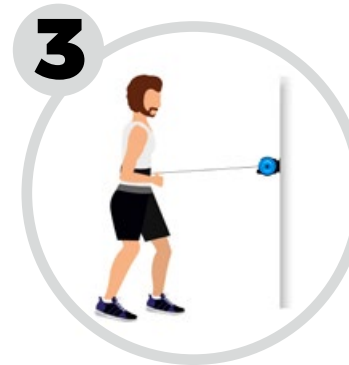
**RUNNING  
TECHNIQUE**

 **15"** by side




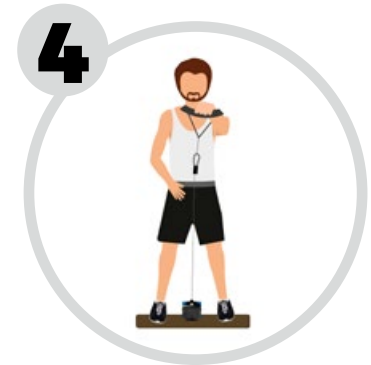
**SLIDE SPLIT  
SQUAT**

 **20"**




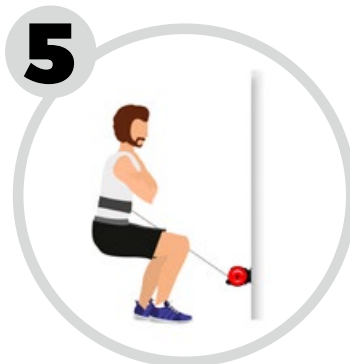
**RUNNING FORWARD AND  
BACKWARD**

 **20"**




**ALTERNATING  
SWING KB**

 **20"**

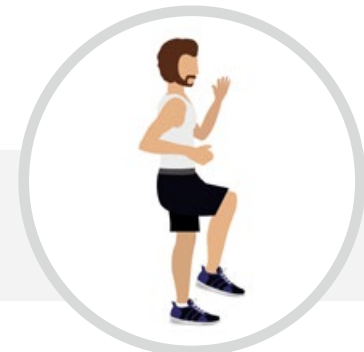


**SQUAT WITH JUMP AND BELT**

 **20"**

## **HIT**

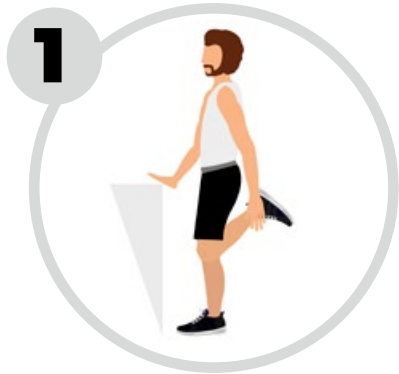
N° of series: **1** | Reps. **6** |  **20"** of work - **20"** of



**SKIPPING**

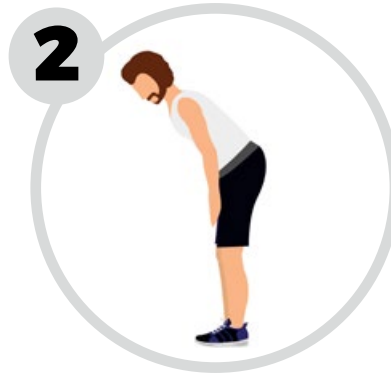
## *LOWER BODY* **STRETCHING**

N° of series: **1**




**QUADRICEPS STRETCH**

 **20"** by side




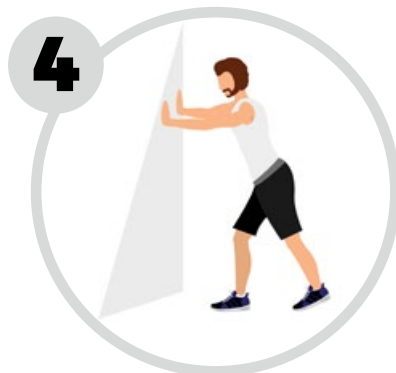
**BICEPS FEMORIS STRETCH**

 **20"**



**ABDUCTOR STRETCHING**

 **20"** by side



**ABDUCTOR STRETCHING**

 **20"** by side



**GLUTEAL STRETCH**

 **20"** by side

Training plan for

# STRENGTH

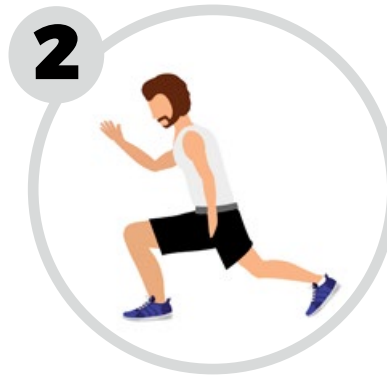
## ***WARM UP***

N° of series: **4** | N° rest between sets | Modality: **vertical**



**SQUATS**

Reps. **10**



**REVERSE LUNGE**

Reps. **5** by side



**BILATERAL DEADLIFT**

Reps. **10**



**SIDE SQUAT**

Reps. **5** by side



**UNILATERAL DEADLIFT**

Reps. **5** by side

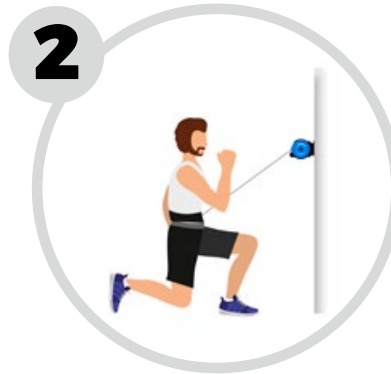
## **MAIN** TRAINING

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



**DOUBLE PULLEY SQUAT**

Reps. **6**



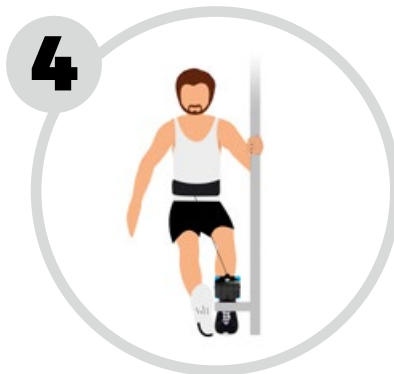
**REVERSE SLIDE LUNGE**

Reps. **4** by side



**DEADLIFT WITH BELT**

Reps. **6**



**PISTOL SQUAT**

Reps. **4** by side



**STATIONARY LUNGE**

Reps. **4** by side

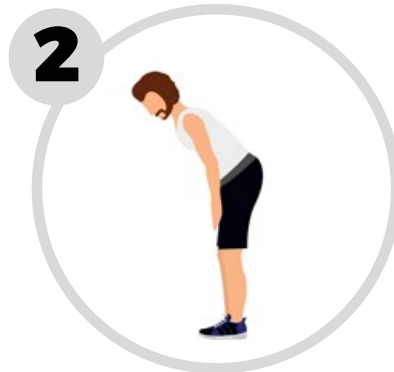
## *LOWER BODY* **STRETCHING**

N° of series: **1**




**QUADRICEPS  
STRETCH**

 **20"** by side



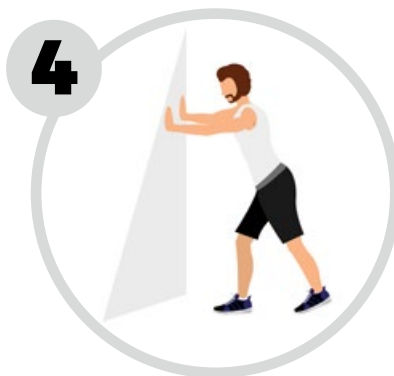
**BICEPS FEMORIS  
STRETCH**

 **20"**



**ABDUCTOR  
STRETCHING**

 **20"** by side



**ABDUCTOR STRETCHING**

 **20"** by side



**GLUTEAL STRETCH**

 **20"** by side

Training plan for  
**POWER**



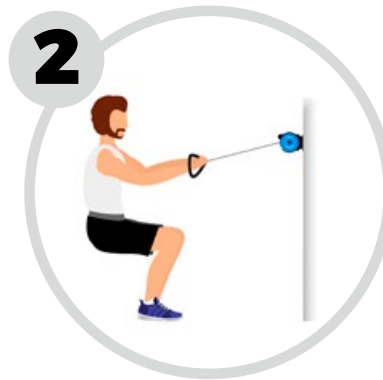
## ***WARM UP***

N° of series: **3** | N° rest between sets | Modality: **vertical**



**SQUATS**

Reps. **10**



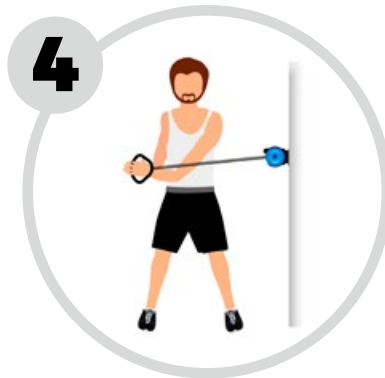
**CHEST ROWING WITH SQUAT**

Reps. **8**



**REVERSE LUNGE**

Reps. **5** by side



**HORIZONTAL ROTATIONS  
WITH PULLEY AT 90°**

Reps. **5** by side

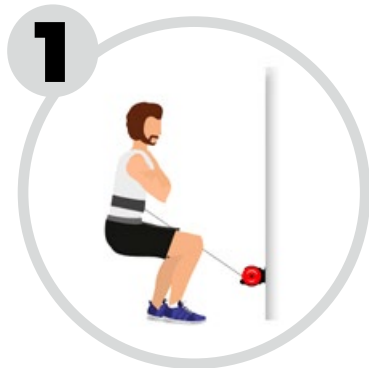


**PRESS PALLOF  
WITH SQUAT**

Reps. **5** by side

## **MAIN** *TRAINING*

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



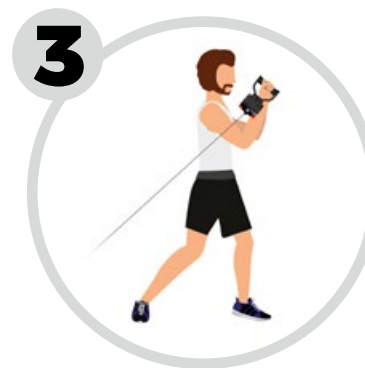
**JUMPING SQUAT  
WITH BELT**

Reps. **3**



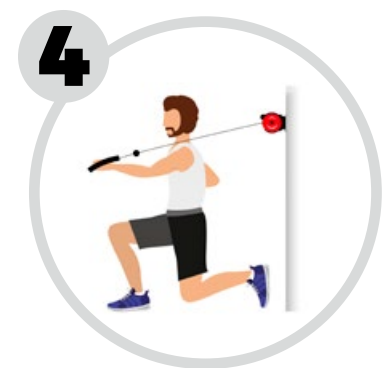
**KB  
SWING**

Reps. **3**



**TWO HAND SHOT  
PUT**

Reps. **2** by side

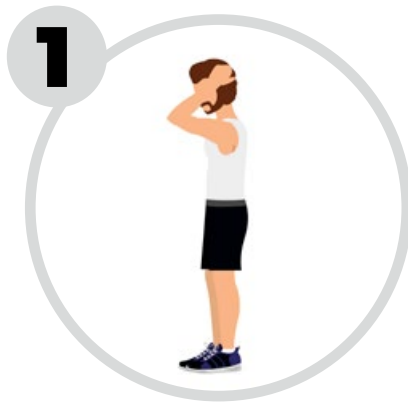


**CHEST PRES  
WITH STRIDE**


Reps. **2** by side

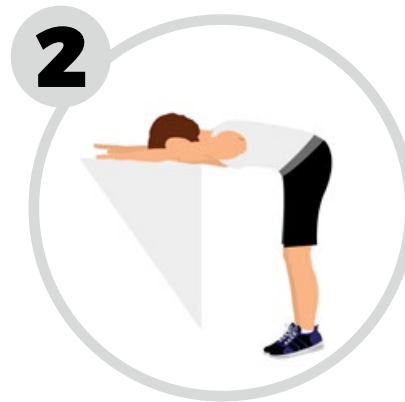
## *LOWER BODY* **STRETCHING**

N° of series: **1**




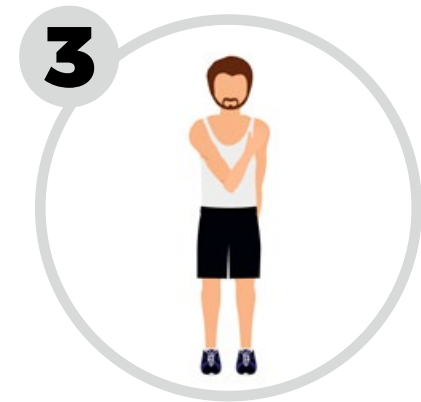
**STRETCH  
CERVICAL ZONE**

 **20"**



**STRETCHING OF  
THE DORSAL AREA**

 **20"**



**PECTORALIS AND SHOULDER  
CAPSULE STRETCH**

 **20"** by side

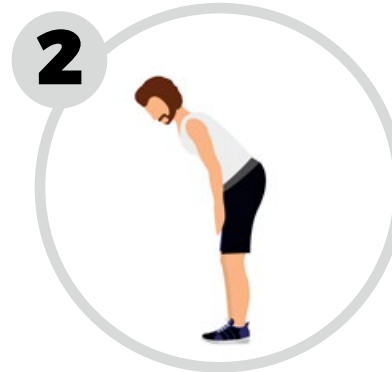
## *LOWER BODY* **STRETCHING**

N° of series: **1**




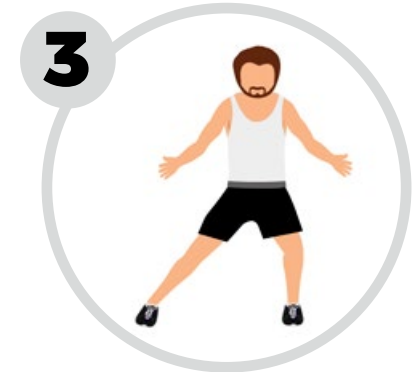
**QUADRICEPS  
STRETCH**

 **20"** by side



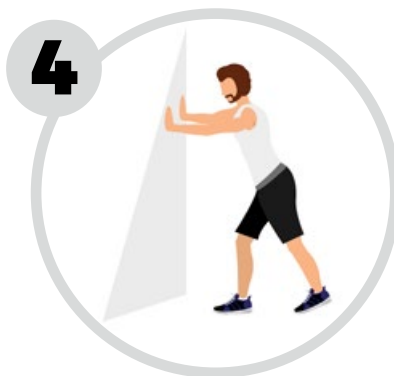
**BICEPS FEMORIS  
STRETCH**

 **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** | **N° rest** between sets | Modality: **vertical**



**SQUATS**

Reps. **15**



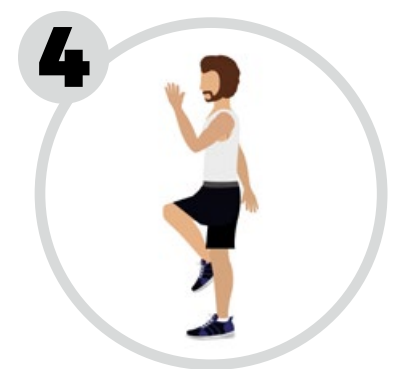
**REVERSE LUNGE**

Reps. **8** by side



**SIDE SQUAT**

Reps. **8** by side

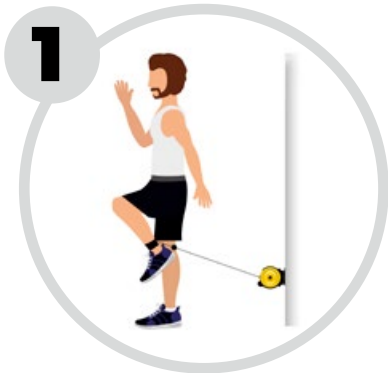


**DYNAMIC BALANCE  
WITH SUPPORT**

Reps. **20** by side

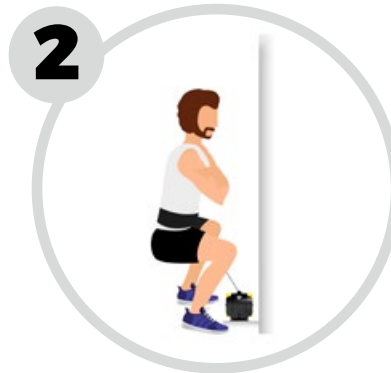
## **MAIN** TRAINING

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



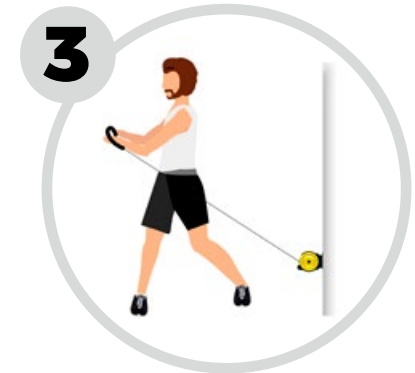
**RUNNING TECHNIQUE**

Reps. **12** by side



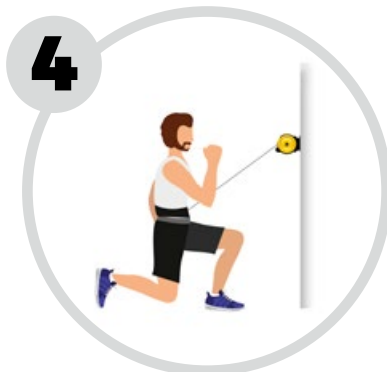
**SUMO SQUAT**

Reps. **15**



**UPWARD ROTATION**

Reps. **12** by side



**REVERSE SLIDE LUNGE**

Reps. **12** by side

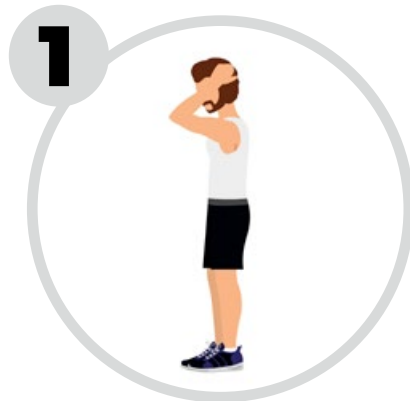


**SLIDE SPLIT SQUAT**

Reps. **12** by side

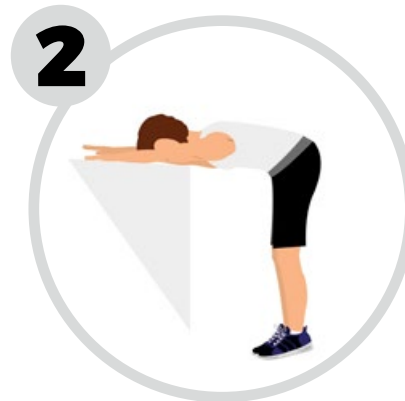
## *UPPER BODY* **STRETCHING**

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**

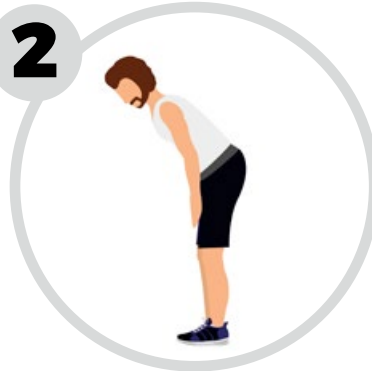
**1**




**QUADRICEPS  
STRETCH**

 **20"** by side

**2**



**BICEPS FEMORIS  
STRETCH**

 **20"**

**3**



**ABDUCTOR  
STRETCHING**

 **20"** by side

**4**



**ABDUCTOR STRETCHING**

 **20"** by side

**5**



**GLUTEAL STRETCH**

 **20"** by side