

P1

6 MIN.

10 x 20 sec. / 20 sec. rest between each interval

Introduction to ThoraxTrainer™

1

DIFFICULTY
LEVEL



1
2
3

Interval no



Resistance



Technique



Strokes/min.

20 SEC.	BASIC	INTERMEDIATE	ADVANCED		
1	1-2	3-5	5-7	DP	40-50
2	1-2	3-5	5-7	1LEG	40-50
3	1-2	2-4	4-6	DIA	80-90
4	1-2	3-5	5-7	WALK	40-50
5	2-3	3-5	5-7	DP	40-50
6	1-2	3-5	5-7	1LEG	40-50
7	1-2	2-4	4-6	DIA	80-90
8	2-3	4-6	6-8	WALK	40-50
9	2-4	5-7	7-9	DP	40-50
10	2-3	4-6	6-8	WALK	40-50

TECHNIQUE

ABBREVIATIONS OF EXERCISES



DP

Double poling



DIA

Diagonal poling



1LEG

Double poling on 1 leg,
change leg each 30 sec



WALK

Double poling on 1 leg,
change leg each stroke



JUMP1

Double poling on 1 leg,
jump from leg to leg



JUMP2

Double poling,
jump with both legs