

Træningsprogrammer til ThoraxTrainer®



Abbreviation	Meaning
DP	Double Poling
DIP	Diagonal Poling
DP-1	Double Poling on one leg at a time. Change leg every 30. Sec.
DP-2	Double poling with jump from leg to leg.

Target group	Beginners
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Program 1

Fitness and strength

10 x 20 sec. / 20 sec. rest.

Interval nr.	Technique	Resistance		Stroke rate/min
		Men	Women	
1	DS	2	1	40-60
2	DS	2	1	40-60
3	DIS	1	1	40-60
4	DIS	1	1	40-60
5	DS-1	2	2	40-60
6	DS-1	2	2	40-60
7	DS-2	2	2	40-60
8	DS-2	2	2	40-60
9	DS	4-5	3-5	40-60
10	DS	4-5	3-5	40-60

Program 2

Fitness and strength

7 x 45 sec. / 30 sec. rest.

Interval nr.	Technique	Resistance		Stroke rate/min
		Men	Women	
1	DS	1	1	40-60
2	DS	1	1	40-60
3	DS	2	2	40-60
4	DS	2	2	40-60
5	DS	3	3	40-60
6	DS	3	3	40-60
7	DS	4	4	40-60

