

# TRAINING PROGRAM

Fitness 45 minutes





# Fitness – Intense



**Sort:** Fitness training, fat burning and strength training

**Intensity:** High 80-90% of MHR during intervals

Medium 65-70% of MHR during entire session

**Maximum Heart Rate:** Ex. 220 – age (men), 226 – age (women)

**Timescales:** 45 minutes

**Keep in mind:** Walk with upright posture, eyes looking straight ahead and with chest out.

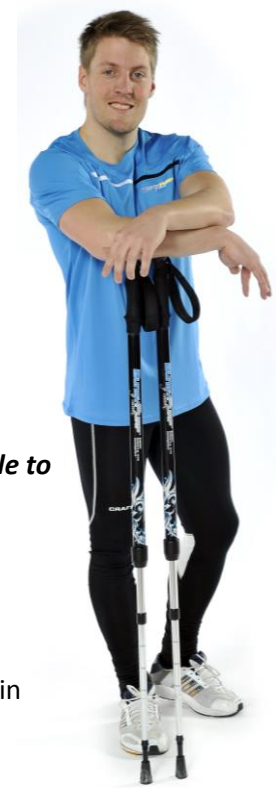
It's important to place the pole exactly in front of the rear foot and to press down the pole until reached the "bottom", in order to receive maximum effect! Maintain a high pace (7-8 km/h) and do the strength exercises in a high tempo without losing the technique in order to keep the pulse through the entire session.

*When doing the strength exercises, utilize the unique suspension system by pressing down the pole to the ground, for example in leg exercises this activates the torso muscles in a very efficient way.*

## Warm up 15 minutes

**10 min. walking with poles + 5 min. warm up exercises**

Let the participants walk with different pressure on the poles in order to experience the difference in workload. Ex. Walk 1 minute with light pressure, 1 minute with half of the springs pressure and 1 minute with full pressure.



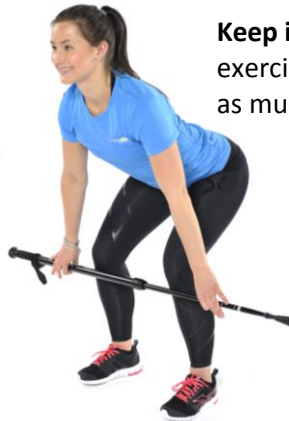
Warm up, exercise 1

## Mobility sequence with poles

BungyPump Komplex 3



**Execution:** Stand with feet shoulder width, holding the pole in front of your hips and with knees slightly bent. Tilt the upper body forward, bend your knees and move the pole with straight arms upwards and tilt the upper body slowly in a backwards motion. Resume to starting position.



**Keep in mind:** Don't rush through the exercise. Take the time to stretch both sides as much as possible.

**Muscle groups primarily activated:**  
Complete exercise.

**Repetition:** 10 times.



Warm up, exercise 2

## Active side bend with poles

BungyPump Warm-Up



**Execution:** With feet shoulder width, hold the pole with straight arms and place it above your head. Tilt the upper body from side to side in a slow pace. Repeat 5-10 times/side.

**Keep in mind:** Don't rush through the exercise. Take the time to stretch both sides as much as possible.

**Muscle groups primarily activated:**  
Complete exercise.

**Repetition:** 10 times/side.

Warm up, exercise 3

## Standing torso rotation with poles – golf rotation

BungyPump Torso Rotation



**Execution:** With feet shoulder width and knees slightly bent place the poles behind your neck. Tilt your upper body forward and rotate from side to side in a slow pace. Rotate as far out as you can. Repeat 5-10 times/side.

**Keep in mind:** Don't rush through the exercise. Take the time to stretch both sides as much as possible.

**Muscle groups primarily activated:**  
Complete exercise.

**Repetition:** 10 times/side.

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## Intervals and strength training 18 minutes

### Intervals:

60 seconds intense walk/jog with BungyPump poles

30 seconds active rest – use strength exercises during resting time according to the program below.

Total of 12 intervals with 12 active rest breaks.

*Utilize the unique suspension system by pressing down the pole to the ground and holding it, for example in arm and torso exercises this activates and adds more load to the exercise.*

Active rest, intervals 1-3. Leg, exercise 1

## Crossed lunges backwards – poles in front of feet.

BungyPump Lunges 8



**Execution:** Stand with feet shoulder width, place the poles in front of your feet and press the poles down to the ground. Take one step diagonally backwards with one leg. Resume to starting position. Keep the resistance of the poles throughout the entire movement

**Keep in mind:** The further back/diagonally you place your leg the greater the load on the body.

**Muscle groups primarily activated:**  
Buttocks, legs and torso.

**Repetition:** 10 times/side.





Active rest, intervals 4-6. Torso, exercise 2

## Paddling with poles

BungyPump

**Execution:** Starting position with bent knees and holding the pole with straight arms as shown in the picture. Move the pole from side to side in a paddle-like movement, pretend as if you are drawing the number eight. Focus on rotating your upper body as well.



**Keep in mind:** Maintain light tension in your abdominal muscles by stabilizing the area below the navel throughout the entire movement. Increase the intensity of the exercise by raising the pace of the movements, without losing your posture and control.

**Muscle groups primarily activated:**  
Back, abdomen and balance.

**Repetition:** 15 times/side.



Active rest, intervals 7-9. Leg, exercise 3

## One leg squats – with one pole

BungyPump One Leg Squats 1



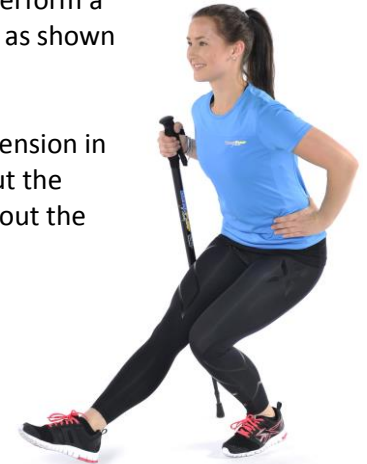
**Execution:** Stand with feet close together and place the pole on the side of your feet. Press the poles down to the ground and perform a squat so that your buttocks are in line with your knees, just as shown in the picture. Resume to starting position.

**Keep in mind:** Keep your back arched by maintaining light tension in your abdominal muscles and hold your chest out throughout the entire movement. Keep the resistance of the poles throughout the entire movement.

**Muscle groups primarily activated:**

Buttocks, legs and torso.

**Repetition:** 10 times/side.



Active rest, intervals 10-12. Torso, exercise 4

## Horizontal Hip lift – poles on top of hips

BungyPump Hip Lift

**Execution:** Lie on your back with the poles placed on top of your hips as shown in the picture. Lift your hips from the floor, maintain light tension in both your buttocks and abdomen and stretch your torso out. Slowly lower your hips back to the floor again.

**Keep in mind:** Maintain light tension in your abdominal muscles by stabilizing the area below the navel throughout the entire movement.

**Muscle groups primarily activated:** Abdomen.

**Repetition:** 10 times.



## Cool down/stretching 12 minutes

8 min. light walking with poles + 4 min. stretching exercises

Stretching, exercise 1

### Calf muscle

BungyPump Calf Stretch

**Execution:** Place both poles in front of your feet. Move one leg backwards and push your hip forward until a stretch is felt in your calf muscle. Hold for 20-30 seconds. Repeat 2 times/side.

**Keep in mind:** The rear heel of the foot should constantly be touching the ground.

**Muscle groups primarily activated:** Calf muscle.

**Repetition:** 2 times/side, 20-30 sec/rep.



Stretching, exercise 2

## Hip Stretch/Front thigh

BungyPump Hip & Tigh Stretch

**Execution:** Place both poles in front of your feet. Move one foot back. Push hip forward while you simultaneously stretch your upper body until you feel the front of your thigh and hip stretch.

**Muscle groups primarily activated:**  
Front thigh muscle and hip stretch.

**Repetition:** 2 times/side, 20-30 sec/rep.



Stretching, exercise 3

## Hamstring

BungyPump Hamstring Stretch

**Execution:** Place both poles in front of your feet. In a standing position shoot your hip backwards while you simultaneously tilt the upper body forward until a stretch is felt in your hamstring. Hold for 20-30 seconds. Repeat 2 times/side.

**Keep in mind:** You can just as well have straight legs or slightly bent knee - it's all a matter of taste.

**Muscle groups primarily activated:**

Hamstring.

**Repetition:** 2 times/side, 20-30 sec/rep.





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