

# Pyramid intervals in slope

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

**Intensity:** High 75-85% of MHR during intervals

Medium 65-70% of MHR during entire session

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

**Timescales:** 70 minutes

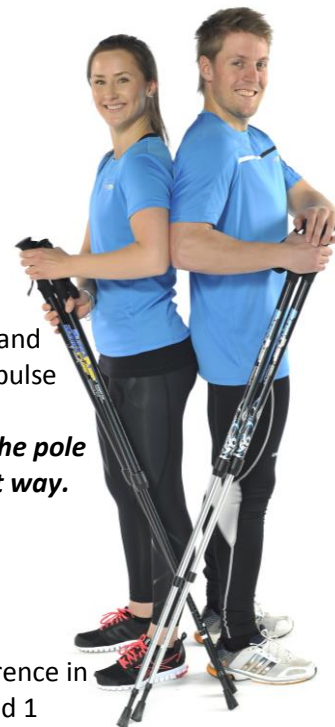
**Keep in mind:** Walk with upright posture, eyes looking straight ahead and with chest out. It's important to place the pole exactly in front of the rear foot and to press down the pole until reached the "bottom", in order to receive maximum effect! Maintain a high pace (7-8 km/h) and do the strength 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.



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Warm up, exercise 4

## Mobility sequence with poles

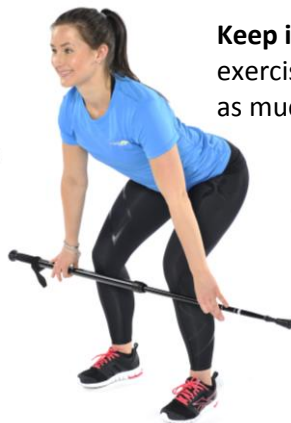
BungyPump Komplex 3

**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.



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Warm up, exercise 1

## 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.

# Pyramid intervals in slope

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 40 minutes

Find an up/down-hill incline that is 200-300 meters long, which is suitable for this training session.

### Intervals:

- 60 seconds intense walking uphill with BungyPump poles, light jog/fast walk back down to start.
- 90 seconds intense walking uphill with BungyPump poles, light jog/fast walk back down to start.
- 120 seconds intense walking uphill with BungyPump poles, light jog/fast walk back down to start.
- 90 seconds intense walking uphill with BungyPump poles, light jog/fast walk back down to start.
- 60 seconds intense walking uphill with BungyPump poles, light jog/fast walk back down to start.

### Active rest:

According to the program below, the strength exercises in active rest is to be repeated 3 laps.

**A total of 3 intervals with 2 active rest breaks.**

***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.***

The strength exercises during the active rest can be replaced with other alternatives that can be found in the exercise data bank. Below are some examples

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Active rest 1. Leg, exercise 13

## Lunges forward + Torso rotation – straight arms forward

BungyPump Lunges with Rotation



**Execution:** Stand with feet shoulder width and hold the pole with straight arms forward. Take one big step forward as shown in the picture, ensure that your knee almost touches the ground while you simultaneously rotate your upper body and torso in the same direction as your forward leg. 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.

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

**Repetition:** 10 times/side, 3 laps.

# Pyramid intervals in slope

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Active rest 1. Torso, exercise 9

## Sitting torso rotation with poles

BungyPump Sitting Trunc Rotation

**Execution:** While sitting down with crossed legs and your upper body both above the floor, move the pole from side to side.

**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:**

Back, abdomen and balance.

**Repetition:** 10 times/side, 3 laps.



# Pyramid intervals in slope

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Active rest 1. Leg, exercise 22

## Side to side jumps with poles

BungyPump Side to Side Jump



**Execution:** Stand with feet shoulder width and place both poles in front of your feet. Press down the poles while you simultaneously jump with both legs from side to side. Keep the resistance of the poles throughout the entire movement.

**Keep in mind:** Increase the load/intensity of the exercise by jumping further out sideways, jumping higher or increasing the speed of the your jumps.

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

**Repetition:** 10 times/side, 3 laps.





# Pyramid intervals in slope

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Repeat interval, according to the program above.

Active rest 2. Leg, exercise 3

## Squats – push press behind neck

BungyPump Squats Push Press



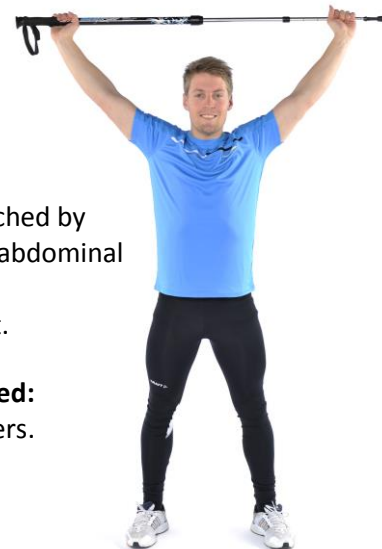
**Execution:** Stand with feet shoulder width and place the pole on top of your shoulders behind your neck. Perform a squat as shown in the picture so that your buttocks are in line with your knees. On your way up stretch your arms up towards the sky. Resume to starting position.



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

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

**Repetition:** 10 times, 3 laps.



# Pyramid intervals in slope

Active rest 2. Torso, exercise 11

## Torso twist with pole

BungyPump Torso twist

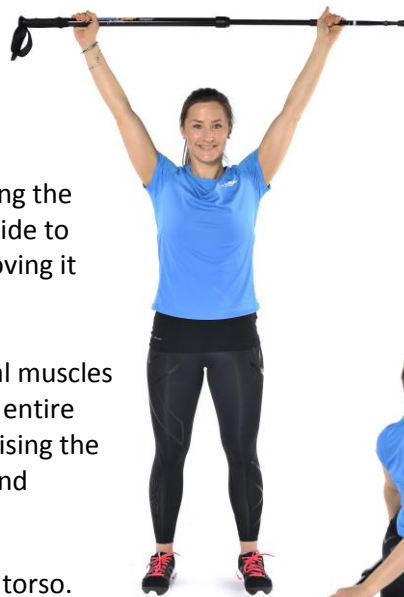


**Execution:** Starting position with bent knees and holding the pole on one side of the leg. Move the poles from one side to another by lifting the pole up as far as possible and moving it down to the other side again.

**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:** Buttocks, legs and torso.

**Repetition:** 10 times/side, 3 laps



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Active rest 2. Leg, exercise 15

## Lunges backwards – double arms upwards

BungyPump Lunges 6



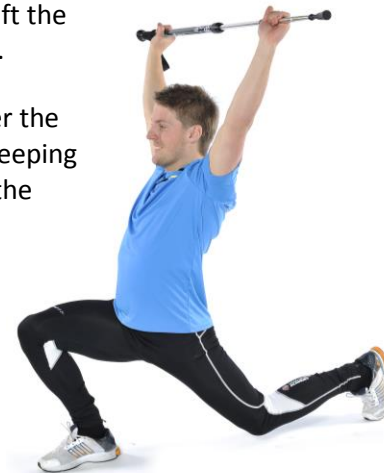
**Execution:** Stand holding the pole with straight arms in front of your hip. Take a step backwards with one leg and simultaneously lift the pole with straight arms upwards. Resume to starting position.

**Keep in mind:** The further back you place your leg, the greater the load on the body. Maintain the natural arch in your back by keeping your abdomen strong and holding your chest up throughout the entire movement.

**Muscle groups primarily activated:**

Buttocks, legs, torso and shoulders.

**Repetition:** 10 times/side, 3 laps.



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Repeat interval, according to the program above.

## Cool down/stretching 15 minutes

10 min. light walking with poles + 5 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.



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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.



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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.

