

P2

10 MIN.

10 x 30 sec. / 30 sec. rest between each interval

Introduction to ThoraxTrainer™

1

DIFFICULTY
LEVEL



1
2
3

Interval no

Resistance

Technique

Strokes/min.

| 30 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