

Fartlek "Speed Play" – Fitness and Strength



Sort: Fitness training, fat burning and strength training

Intensity: Medium 65-70% of MHR

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

Timescales: 65-70 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 (4-5 miles/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 4

Movement sequence with poles

BungyPump Komplex 3

Execution: Shoulder width between feet, pole hanging down in front of the hips, slightly bent knees. Move the upper body forward, bend knees, swing the pole upwards with straight arms and slowly tilt the upper body backwards. Return to starting position.

Keep in mind: Don't rush through this exercise but focus on really stretching properly as much as you can.

Muscle groups primarily activated:
Complete exercise

Repetition: 10 times.



Warm up, exercise 1

Active lateral flexion with poles

BungyPump Warm-Up



Execution: Should width between feet, place the pole with straight arms above the head. Tilt the upper body towards the side, alternate between each side in a slow pace.

Keep in mind: Don't rush through this exercise but focus on really stretching properly from side to side.

Muscle groups primarily activated:

Complete exercise

Repetition: 10 times/side.

Warm up, exercise 3

Standing rotation with poles – golf rotations

BungyPump Trunc Rotation



Execution: Shoulder width between feet, knees slightly bent, place pole on top of shoulders behind the neck, tilt the upper body forward, rotate the upper body as far as possible to the side, alternate between each side in a slow pace.

Keep in mind: Don't rush through this exercise but focus on really stretching properly from side to side.

Muscle groups primarily activated:
Complete exercise

Repetition: 10 times/side.

Intervals and strength training 35-45 minutes

Let the participants lead each interval with different speed, intensity and walking technique.

When in rest mode, the strength exercises can be replaced for other alternative exercises that can be found in the exercise databank. Below are some examples.

In order to increase the load on the arms, abdomen and torso, utilize the unique suspension system by pressing the pole together/or to the ground and holding it in that position throughout the performed exercise.

Intervals: 2-3 minutes walk with BungyPump training poles + 1-2 minutes active rest. Do a total of 10 intervals.

Active rest, intervals 1 & 2. Leg, exercise 1

Squats – pole behind neck

BungyPump Classic Squats



Execution: Stand with feet shoulder width and place the pole on top of your shoulder behind your neck. Perform a squat as shown in the picture so that your buttocks are in lined with your knees. Resume to starting position.



Keep in mind: Try to keep your back arched throughout the entire movement – maintain light tension in the abdominal muscles throughout the whole movement, eyes looking straight ahead and chest out.

Muscles groups primarily activated:
Buttocks and legs.

Repetition: 10 times/side.

Active rest, intervals 3 & 4. Leg, exercise 14

Lunges sideways – double arms upwards

BungyPump Lunges 5



Execution: Stand with feet shoulder width and hold the pole with straight arms in front of your hip. With one leg take one big step to the side while you simultaneously lift the pole with straight arms upwards. Resume to starting position.

Keep in mind: The further out sideways you go 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.



Active rest 5 & 6. Shoulders, exercise 1

Pushup – move hands over pole

BungyPump Pushup



Execution: Place the pole beneath you on the floor. Place one hand in front of the pole and the other one behind. Perform a pushup and when you come back up shift your hands positions. Repeat movement.

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: Chest, arms and torso.

Repetition: 12 times.

Active rest 7 & 8. 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.



Active rest 9 & 10. Leg, exercise 19

Lunges forward + torso rotation, straight arms upwards

BungyPump Lunges 10



Execution: Stand with feet shoulder width and with straight arms hold one pole upwards. Take one step at a time forward while you simultaneously rotate your upper body towards the leg you placed forward. Resume to starting position.

Keep in mind: The bigger steps you take 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.



Cool down/stretching 15 minutes

10 min. walking with poles + 5 min. stretching exercises

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.



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.

