

GYM EXERCISE

Pajulahti Cup

1. STRENGTH AND MUSCLE ENDURANCE

a) Preparing

10 min

- Cycling, running and rowing x 5 min
- Dynamic stretching exercises x 5 min

b) Circuit training

60 min

Two rounds. 25-30 reps. Take 2-3 minutes rest between rounds.

1) Sit ups with rotation



2) Rotation with dumbbells



3) Push-ups hands on the swiss ball



4) Pull-over and crunches on the swiss ball



5) Golf-swing



6) Rotations hip extended and legs on the swiss ball



7) Back extension and raise



8) Hip extensions



9) Cable pushing and rowing



10) Knee flexions



11) Slalom-lunges

