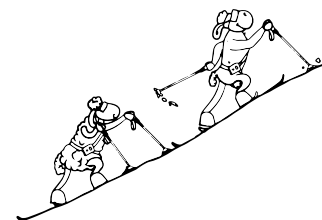


# ORTOVOX NAKED SHEEP | TRAINING PLAN

## WEEK 1

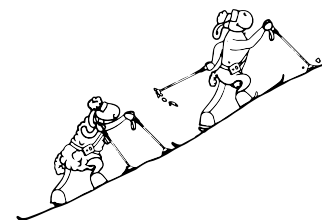


		MON	TUES	WEDS	THURS	FRI	SAT	SUN
AM	TRAINING TYPE	RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	STRENGTH	ENDURANCE
	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	"STABILIZE MECHANICAL AXIS"	"LEISURE TOUR"
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Almost passive.	<b>TRAINING SESSION 2</b> Focus on carrying out the movements accurately and correctly. A stable and controllable mechanical axis is important.	Go on a <b>MOUNTAIN OR BIKE TOUR</b> . No rush and no stress, enjoy it! You should feel slightly underchallenged at all times. 90 mins. would be ideal.
	Intensity	-	-	-	-	-	● ● ● ○ ○	● ● ○ ○ ○
	Duration (mins.)	-	-	-	-	-	60	90
INFORMATION	Training area	Rest	Rest	Rest	Rest	Rest	General strengthening	Basic endurance
PM	TRAINING TYPE	TEST	ENDURANCE	FLEXIBILITY	RECOVERY	MASSAGE	RECOVERY	RECOVERY
	CATEGORY	"INITIAL TEST"	"10 MINUTE INTERVAL 1"	"OPEN DOORS"	REST AFTERNOON	"HAVE A MASSAGE"	REST AFTERNOON	REST AFTERNOON
	CONTENT	Before starting our 10-week training blog, you can start by recording a few details today. Watch our first intro video. INFORMATION: PDF and video no. 1	10 mins gentle jog and/or general warmup. Then alternate: • 1 minute KNEE BENDS • 1 minute rest • 1 minute GLUTE BRIDGES • 1 minute rest Repeat this set for 5 ROUNDS.	<b>TRAINING SESSION 1</b> You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly. Work constantly on your flexibility and important structures.	Make sure you drink sufficient fluids and eat well.	Ideally you can/should have a massage on this day.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.
	Intensity	● ● ○ ○ ○	● ● ● ○ ○	● ○ ○ ○ ○	-	● ○ ○ ○ ○	-	-
	Duration (mins.)	30	30	30	-	30	-	-
INFORMATION	Training area	Initial test	Strength endurance - Intervall	Flexibility	Rest	Passive recovery	Rest	Rest

■ Strength  
 ■ Endurance  
 ■ Flexibility  
 ■ Massage  
 ■ Recovery

# ORTOVOX NAKED SHEEP | TRAINING PLAN

## WEEK 2



		MON	TUES	WEDS	THURS	FRI	SAT	SUN
<b>TRAINING TYPE</b>		RECOVERY	RECOVERY	RECOVERY	RECOVERY	RECOVERY	ENDURANCE	ENDURANCE
AM	CATEGORY	RECOVERY DAY	REST MORNING	REST MORNING	REST MORNING	RECOVERY DAY	"10 MINUTE INTERVAL 1"	"LEISURE TOUR"
	CONTENT	Almost passive. Monday is your REST DAY! Most people have stress at work and little time for training.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Make sure you drink sufficient fluids and eat well.	Almost passive.	10 mins gentle jog and/or general warmup.  Then alternate: • 1 minute KNEE BENDS • 1 minute rest • 1 minute GLUTE BRIDGES • 1 minute rest  Repeat this set for 5 ROUNDS.	Go on a <b>MOUNTAIN OR BIKE TOUR</b> .  No rush and no stress, enjoy it!  You should feel slightly underchallenged at all times.  90 mins. would be ideal.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	Intensity: - Duration (mins.): - Training area: Rest	●●●○○ 30 Strength endurance - Intervall
<b>TRAINING TYPE</b>		RECOVERY	STRENGTH	FLEXIBILITY	RECOVERY	STRENGTH	RECOVERY	FLEXIBILITY
PM	CATEGORY	REST AFTERNOON	"STABILIZE MECHANICAL AXIS"	"OPEN DOORS"	REST AFTERNOON	"STABILIZE MECHANICAL AXIS"	REST AFTERNOON	"OPEN DOORS"
	CONTENT	Make sure you drink sufficient fluids and eat well.	<b>TRAINING SESSION 2</b> Focus on carrying out the movements accurately and correctly.  A stable and controllable mechanical axis is important.	<b>TRAINING SESSION 1</b> You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.  Work constantly on your flexibility and important structures.	Make sure you drink sufficient fluids and eat well.	<b>TRAINING SESSION 2</b> Focus on carrying out the movements accurately and correctly.  A stable and controllable mechanical axis is important.	Make sure you drink sufficient fluids and eat well.	<b>TRAINING SESSION 1</b> You will complete this session for the full 10 weeks; you can only achieve your full potential if you can move freely and flexibly.  Work constantly on your flexibility and important structures.
	INFORMATION	Intensity: - Duration (mins.): - Training area: Rest	●●●○○ 60 General strengthening	●○○○○ 30 Flexibility	Intensity: - Duration (mins.): - Training area: Rest	●●●○○ 60 General strengthening	Intensity: - Duration (mins.): - Training area: Rest	●○○○○ 30 Flexibility

■ Strength   
 ■ Endurance   
 ■ Flexibility   
 ■ Massage   
 ■ Recovery