


Handy Gym GO



***TRAINING  
PLANS***

**HYPERTROPHY | CARDIOVASCULAR | STRENGTH | POWER | ENDURANCE**

**CAPTION:**

 Work time

Modality: **vertical** (move from one exercise to another)

Modality: **horizontal** (perform all sets of the same exercise before moving on to the next one)

Type of load: **low** (yellow discs)

Type of anchorage: **machine in hand**

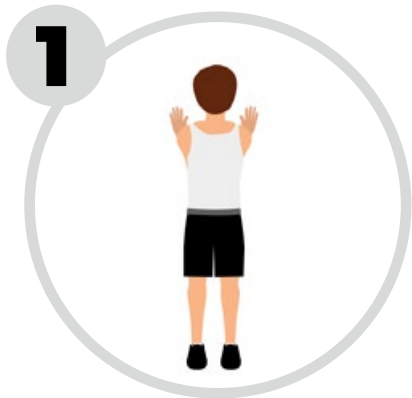
[Handy Gym GO execution and grip video](#)

Upper body training plan

# HYPERTROPHY

# ***WARM UP***

N° of sets: **3** | **No rest** between sets | Modality: **vertical**



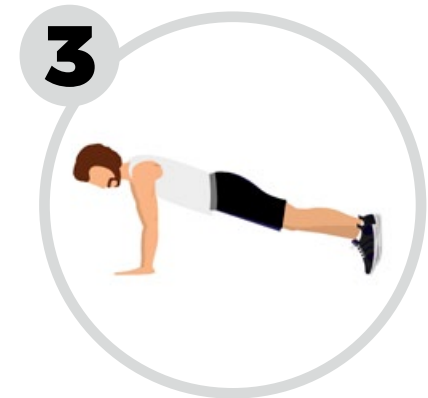
**RETRACTION-PROTRACTION IN  
STANDING POSITION**

Reps. **10**



**STATIC WALL SLIDE**

Reps. **2 of 10"**  
*maintaining the position*

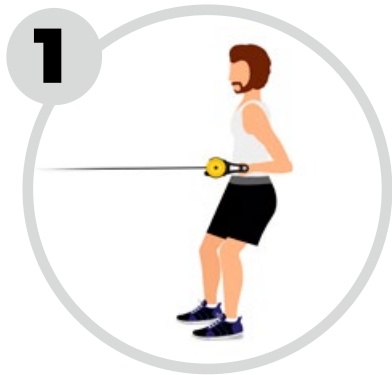


**PLANK IN 4 SUPPORTS**

Reps. **2 of 10"**  
*maintaining the position*

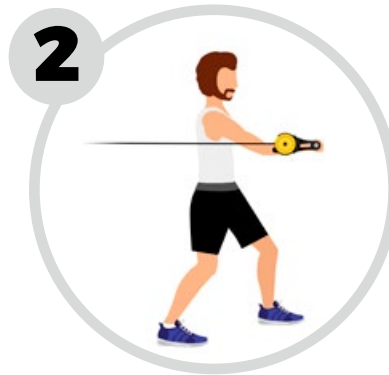
## **MAIN TRAINING**

N° of series: **3 - 4** | Rest between exercises: **90"** | Modality: **horizontal** | Load: **low - medium**



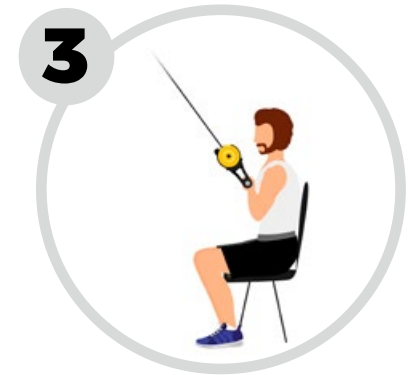
**SINGLE-HANDED**

Reps. **8** by side



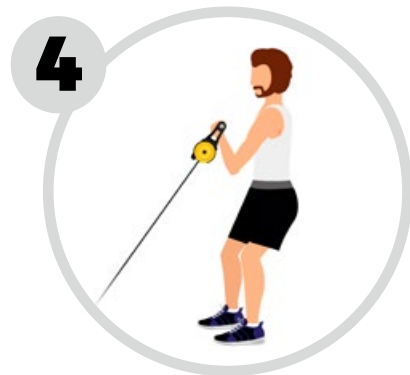
**ONE-HAND FRONT PRESS**

Reps. **8** by side



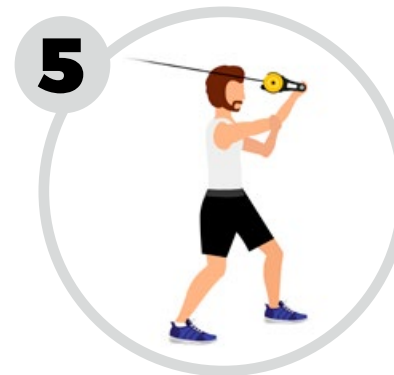
**ONE-HAND PULL**

Reps. **8** by side



**ONE-HAND BICEPS CURL**

Reps. **8** by side



**TRICEPS KICK**

Reps. **8** by side

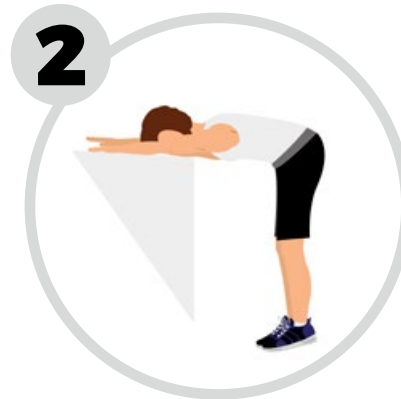
# *UPPER BODY* **STRETCHING**

N° of series: **1**




**STRETCH  
CERVICAL ZONE**

 20"




**STRETCHING OF  
THE DORSAL AREA**

 20"



**PECTORALIS AND SHOULDER  
CAPSULE STRETCH**

 20"

Training plan

# CARDIOVASCULAR

## WARM UP

N° of series: **4** | **No rest** between sets | Modality: **vertical**



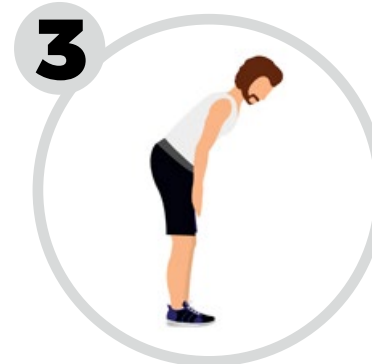
**SQUATS**

Reps. **10**



**REVERSE LUNGE**

Reps. **5** by side



**BILATERAL DEADLIFT**

Reps. **10**



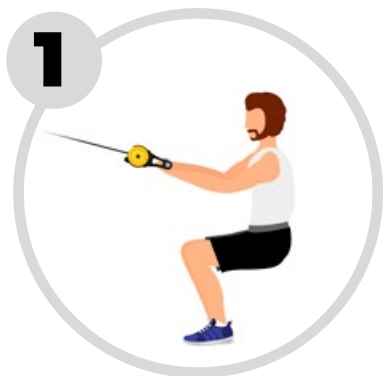
**SIDE SQUAT**

Reps. **5** by side



## MAIN TRAINING

N° of series: **4** | Rest between exercises: **90"** | Modality: **vertical**



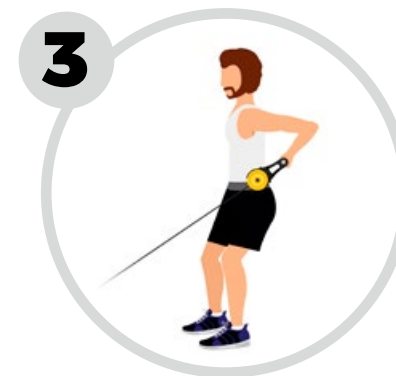
**CHEST ROWING WITH SQUAT**

 **30"**




**PRESS PALLOF WITH SQUAT**

 **15" by side**

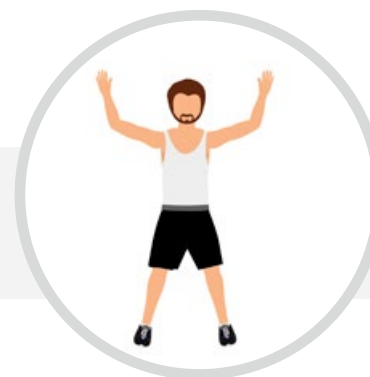


**ROWING PIVOTING**

 **30"**

## HIT

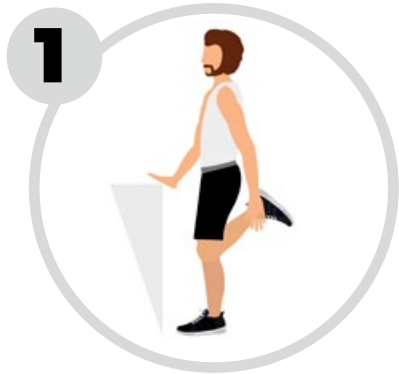
N° of series: **4** | Reps. **6** |  **20"** of work - **20"** of



**JUMPING JACKS**

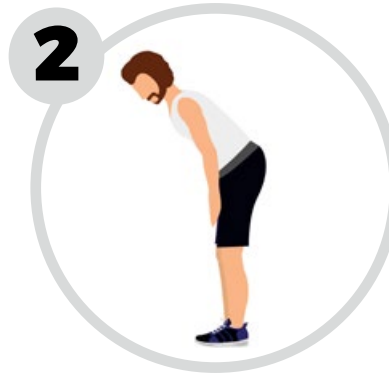
# UPPER BODY STRETCHING

N° of series: 1



**QUADRICEPS STRETCH**

 20" by side



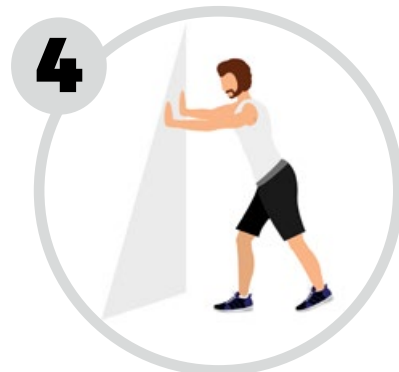
**BICEPS FEMORIS STRETCH**

 20" by side



**ABDUCTOR STRETCHING**

 20" by side




**ABDUCTOR STRETCHING**

 20" by side



**GLUTEAL STRETCH**

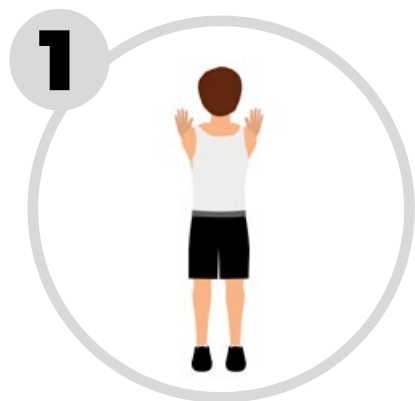
 20" by side

Upper body training plan

# STRENGTH

## ***WARM UP BLOCK 1***

N° of series: **4** | **No rest** between sets | Modality: **vertical**



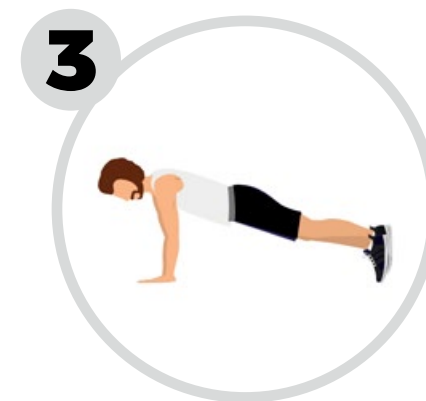
**RETRACTION-PROTRACTION IN  
STANDING POSITION**

Reps. **10**



**STATIC  
WALL SLIDE**

Reps. **2 of 10"**  
*maintaining the position*

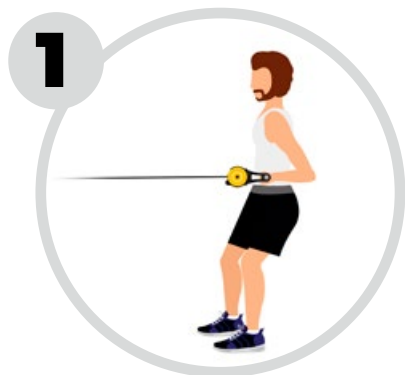


**PLANK  
IN 4 SUPPORTS**

Reps. **2 of 10"**  
*maintaining the position*

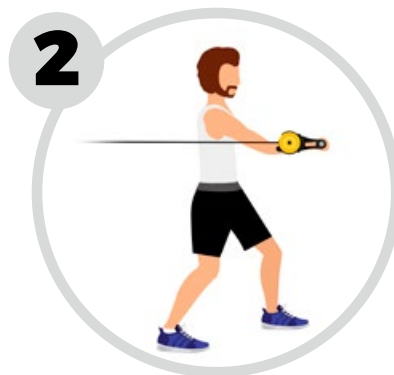
## **WARM UP** *BLOCK 2*

N° of series: **2** | Rest between exercises: **90"** | Modality: **vertical** | Load: **low**



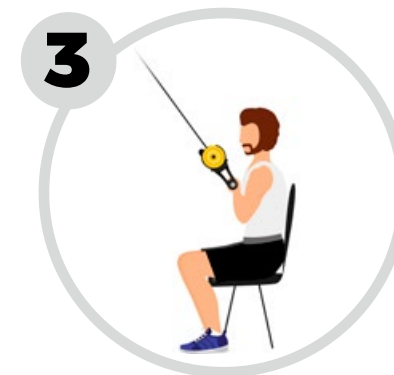
**SINGLE-HANDED ROWING**

Reps. **8** by side



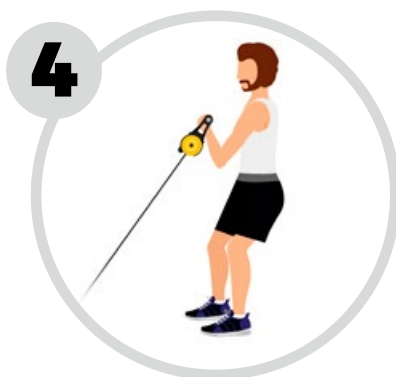
**ONE-HAND FRONT PRESS**

Reps. **8** by side



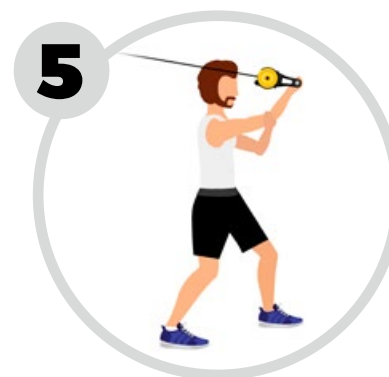
**ONE-HAND PULL**

Reps. **8** by side



**ONE-HAND BICEPS CURL**

Reps. **8** by side

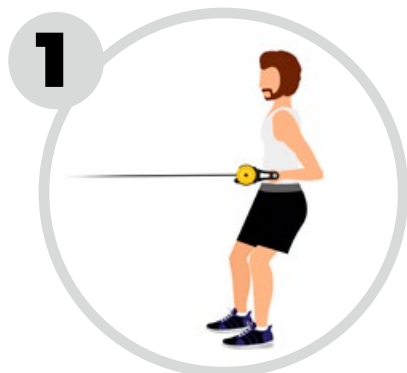


**TRICEPS KICK**

Reps. **8** by side

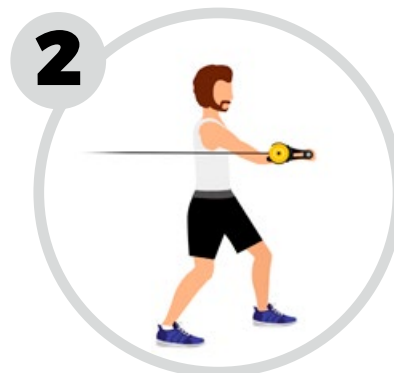
## **MAIN TRAINING**

N° of series: **3 - 5** | Rest between exercises: **180"** | Modality: **horizontal** | Load: **low**



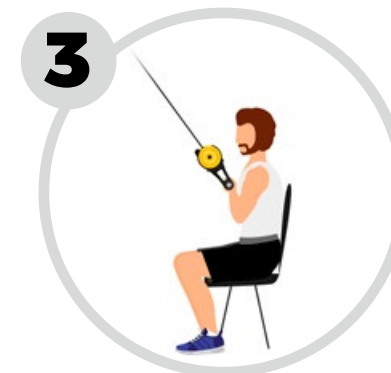
**SINGLE-HANDED ROWING**

Reps. **5** by side



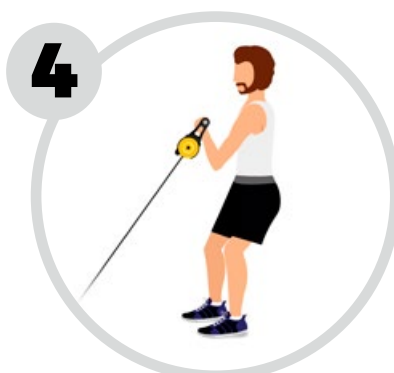
**ONE-HAND FRONT PRESS**

Reps. **5** by side



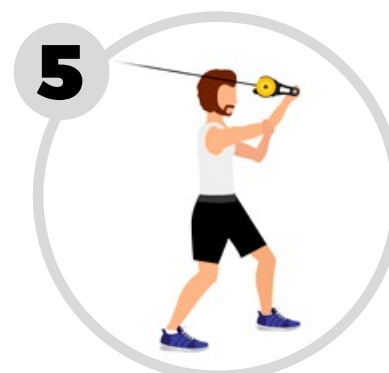
**ONE-HAND PULL**

Reps. **5** by side



**ONE-HAND BICEPS CURL**

Reps. **5** by side

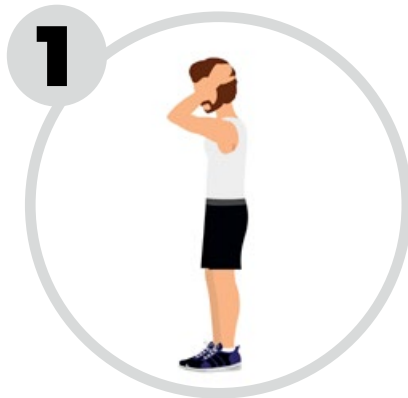


**TRICEPS KICK**

Reps. **5** by side

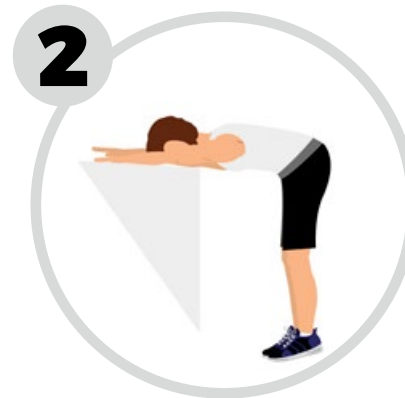
# *UPPER BODY* **STRETCHING**

N° of series: **1**




**STRETCH  
CERVICAL ZONE**

 20"




**STRETCHING OF  
THE DORSAL AREA**

 20"



**PECTORALIS AND SHOULDER  
CAPSULE STRETCH**

 20"

Training plan for  
**POWER**



# WARM UP

N° of series: **3** | **No rest** between sets | Modality: **vertical**



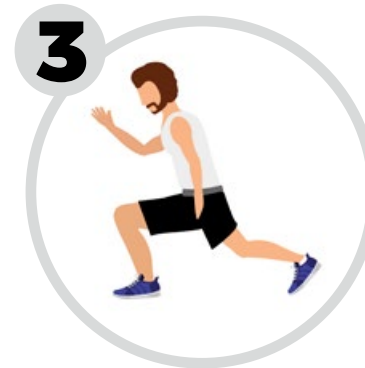
**SQUATS**

Reps. **10**



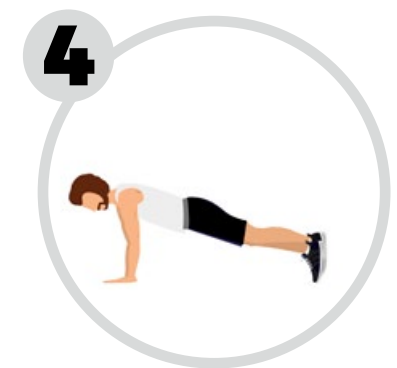
**DYNAMIC WALL SLIDE**

Reps. **5**



**REVERSE LUNGE**

Reps. **5** by side



**PLANK IN 4 SUPPORTS**

Reps. **2 of 10"**  
*maintaining the position*

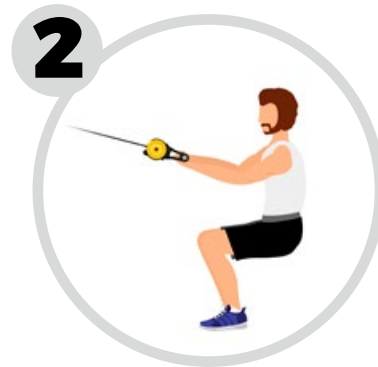
## **MAIN TRAINING**

N° of series: **4** | Rest between exercises: **180"** | Modality: **horizontal** | Load: **high**



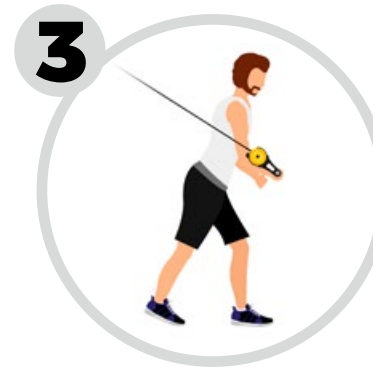
**WEIGHT  
LAUNCH**

Reps. **2** by side



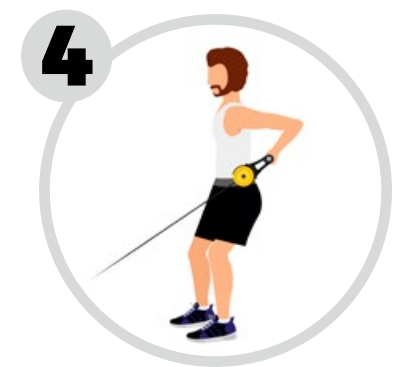
**CHEST ROWING  
WITH SQUAT**

Reps. **3**



**LUNGES  
PIVOTING**

Reps. **2** by side

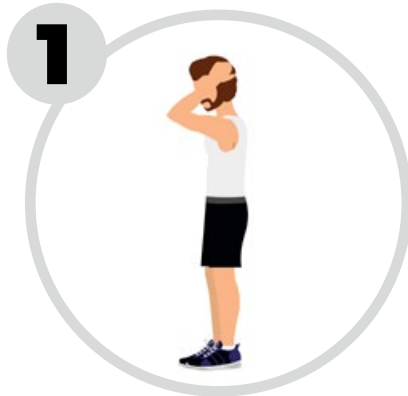


**ROWING**

Reps. **3**

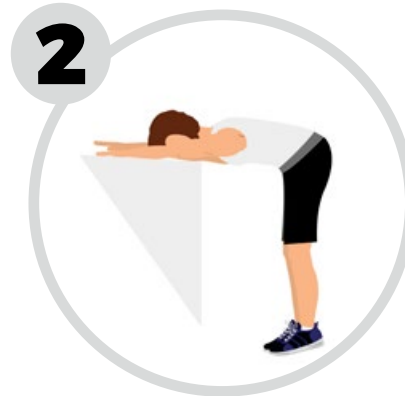
# UPPER BODY **STRETCHING**

N° of series: **1**




**STRETCH  
CERVICAL ZONE**

 **20"**



**STRETCHING OF  
THE DORSAL AREA**

 **20"**



**PECTORALIS AND SHOULDER  
CAPSULE STRETCH**

 **20"** by side

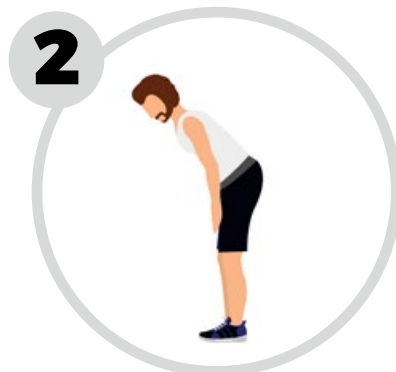
# LOWER BODY *STRETCHING*

N° of series: **1**




**QUADRICEPS STRETCH**

 **20"** by side



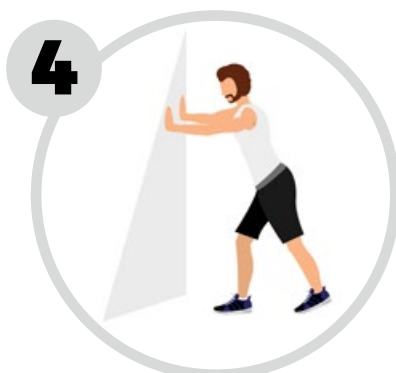
**BICEPS FEMORIS STRETCH**

 **20"**



**ABDUCTOR STRETCHING**

 **20"** by side



**ABDUCTOR STRETCHING**

 **20"** by side



**GLUTEAL STRETCH**

 **20"** by side

Training plan for

# ENDURANCE

## WARM UP

N° of series: **3** | **No rest** between sets | Modality: **vertical**



**SQUATS**

Reps. **15**



**DYNAMIC WALL SLIDE**

Reps. **8**



**REVERSE LUNGE**

Reps. **8** by side

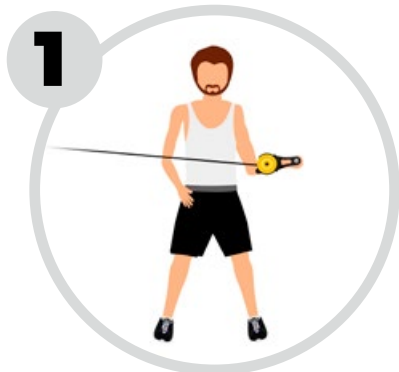


**PLANK IN 4 SUPPORTS**

Reps. **4 of 8"**  
*maintaining the position*

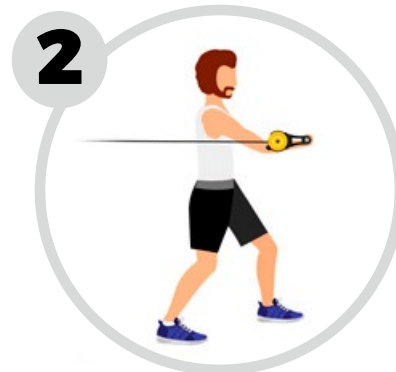
## MAIN TRAINING

N° of series: **3 - 4** | Rest between exercises: **60"** | Rest between sets: **120"** | Modality: **horizontal** | Load: **low**



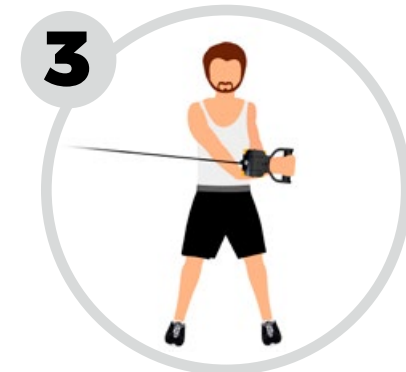
**ROTATOR CUFF**

Reps. **12** by side



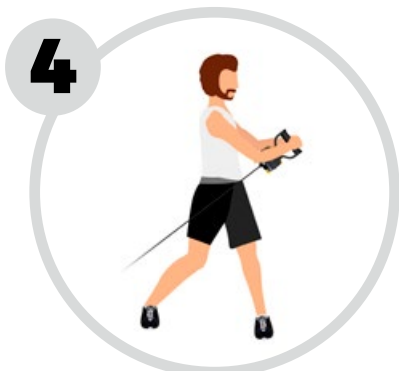
**FLEXION-EXTENSION ROTATOR CUFF**

Reps. **12** by side



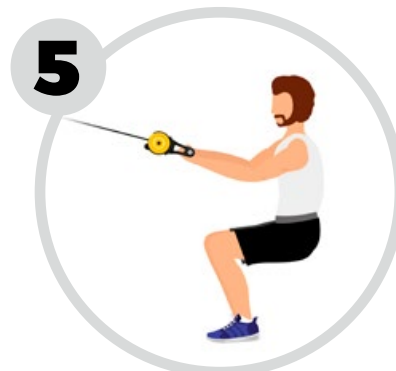
**HORIZONTAL ROTATIONS WITH PULLEY AT 90°**

Reps. **12** by side



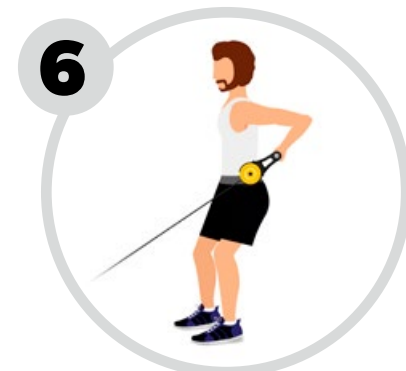
**UPWARD ROTATION**

Reps. **12** by side



**CHEST ROWING WITH SQUAT**

Reps. **15**



**ROWING PIVOTING**


Reps. **15**

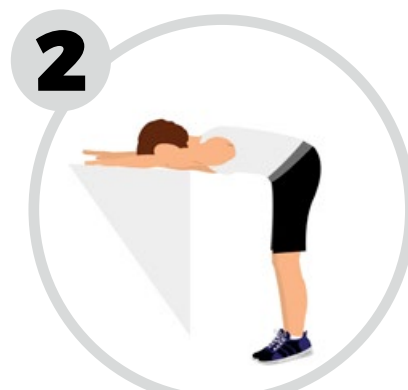
# UPPER BODY **STRETCHING**

N° of series: **1**




**STRETCH  
CERVICAL ZONE**

 20"




**STRETCHING OF THE DORSAL  
AREA**

 20"



**PECTORALIS AND SHOULDER  
CAPSULE STRETCH**

 20" by side



# LOWER BODY STRETCHING

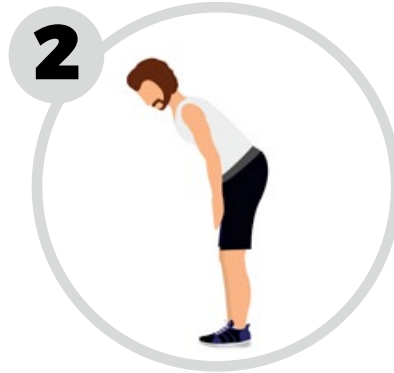
N° of series: 1



1

**QUADRICEPS STRETCH**

20" by side



2

**BICEPS FEMORIS STRETCH**

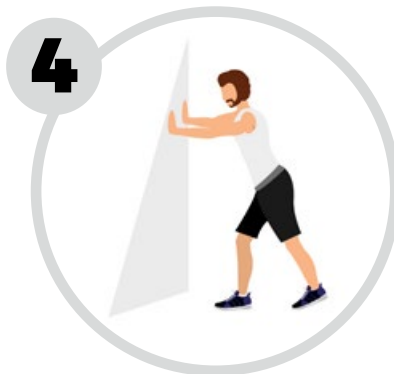
20"



3

**ABDUCTOR STRETCHING**

20" by side



4

**ABDUCTOR STRETCHING**

20" by side



5

**GLUTEAL STRETCH**

20" by side