

vzw KMTC

HOME

TRAINING

PROGRAMMES

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INTRODUCTION

Four types of excercices

More info: [LINK](#)

Endurance or aerobic activities

Info explanation: [LINK](#)

Info types of excercices: [LINK](#)

Strenght excercices

Info Explanation: [LINK](#)

Info types of excercices: [LINK](#)

Balance excercices

Info Explanation: [LINK](#)

Info types of excercices: [LINK](#)

Flexibility excercices

Info Explanation: [LINK](#)

Info types of excercices: [LINK](#)

Guide to perform your programme

Info: [LINK](#)

MORE THAN 1400 FREE WOROKOUTS

Website: [DAREBEE.COM](https://darebee.com)

https://darebee.com

The screenshot shows the Darebee website homepage. At the top is a navigation menu with the following items: DAREBEE, WORKOUTS, PROGRAMS, CHALLENGES, RUNNING, FITNESS, NUTRITION, MEALPLANS, PLATES, RECIPES, and THE HIVE. The main content area is divided into several sections:

- STAND & DELIVER!**: A large featured workout for March 29, labeled "WORKOUT OF THE DAY".
- 2 Minutes Tree Pose**: A featured workout with "Extra Credit non-stop" and a "DAILYDARE" badge indicating it is available "NEW DARE EVERY 24 HOURS".
- abs of steel**: A featured challenge for the month of March, labeled "March Challenge".
- vitality**: A new program, labeled "New Program" and "OUT NOW".
- XPRESS TONE**: Another new program, labeled "New Program" and "OUT NOW".

Below these featured items is a "NEW RELEASES" section with three workout cards:

- Joints Support Workout**: Released on 28 March 2020.
- Harbinger Workout**: Released on 27 March 2020.
- Home Workout**: Released on 26 March 2020.

TRACK YOUR PROGRAMME

DAY	WEEK 1	WEEK 2	WEEK 4	WEEK 5
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

THE DESK DRIVER'S PROGRAMME

The programme

DAY	WEEK 1	WEEK 2	WEEK 4	WEEK 5
Monday	Endurance (15 mins) Flexibility (05 mins)	Strengt (15 mins) Balance (05 mins)	Endurance (15 mins) Balance (05 mins)	Strengt (15 mins) Flexibility (05 mins)
Tuesday	Strengt (15 mins) Balance (05 mins)	Endurance (15 mins) Flexibility (05 mins)	Strengt (15 mins) Flexibility (05 mins)	Endurance (15 mins) Balance (05 mins)
Wednesday	Endurance (15 mins) Flexibility (05 mins)	Strengt (15 mins) Balance (05 mins)	Endurance (15 mins) Balance (05 mins)	Strengt (15 mins) Flexibility (05 mins)
Thursday	Strengt (15 mins) Balance (05 mins)	Endurance (15 mins) Flexibility (05 mins)	Strengt (15 mins) Flexibility (05 mins)	Endurance (15 mins) Balance (05 mins)
Friday	Day off	Day off	Day off	Day off
Saturday	Sport (up to 90 mins)	Sport (up to 90 mins)	Sport (up to 90 mins)	Sport (up to 90 mins)
Sunday	Endurance (20 mins) Flexibility (05 mins)	Endurance (20 mins) Balance (05 mins)	Endurance (20 mins) Flexibility (05 mins)	Endurance (20 mins) Balance (05 mins)

Types of excercices

ENDURANCE	STRENGHT	BALANCE	FLEXIBILITY
<ul style="list-style-type: none"> – Walking – Jogging/Running – Biking – Swimming – Rowing – Boxing – Treadmill – Climbing stairs – Dancing – Gardening – Heavy housework – Sweeping – ... 	<ul style="list-style-type: none"> – Calisthenics – Weightlifting – ... 	<ul style="list-style-type: none"> – Yoga (slow) – Tai Chi – ... 	<ul style="list-style-type: none"> – Stretching – Yoga (flow) – Pilates – ...

THE SEMI PRO PROGRAMME

The programme

DAY	WEEK 1	WEEK 2	WEEK 4	WEEK 5
Monday	Endurance (15 mins) Flexibility (05 mins)	Endurance (20 mins) Balance (05 mins)	Endurance (25 mins) Flexibility (05 mins)	Endurance (25 mins) Balance (05 mins)
Tuesday	Strengt (15 mins) Balance (05 mins)	Strengt (15 mins) Flexibility (05 mins)	Strengt (15 mins) Balance (05 mins)	Strengt (25 mins) Flexibility (05 mins)
Wednesday	Endurance (15 mins) Flexibility (05 mins)	Endurance (25 mins) Balance (05 mins)	Endurance (25 mins) Flexibility (05 mins)	Endurance (25 mins) Balance (05 mins)
Thursday	Strengt (15 mins) Balance (05 mins)	Strengt (15 mins) Flexibility (05 mins)	Strengt (25 mins) Balance (05 mins)	Strengt (25 mins) Flexibility (05 mins)
Friday	Day off	Day off	Day off	Day off
Saturday	Sport (up to 90 mins)	Sport (up to 90 mins)	Sport (up to 90 mins)	Sport (up to 90 mins)
Sunday	Endurance (20 mins) Flexibility (10 mins)	Endurance (20 mins) Balance (10 mins)	Endurance (20 mins) Flexibility (10 mins)	Endurance (20 mins) Balance (10 mins)

Types of excercices

ENDURANCE	STRENGHT	BALANCE	FLEXIBILITY
<ul style="list-style-type: none"> – Walking – Jogging/Running – Biking – Swimming – Rowing – Boxing – Treadmill – Climbing stairs – Dancing – Gardening – Heavy housework – Sweeping – ... 	<ul style="list-style-type: none"> – Calisthenics – Weightlifting – ... 	<ul style="list-style-type: none"> – Yoga (slow) – Tai Chi – ... 	<ul style="list-style-type: none"> – Stretching – Yoga (flow) – Pilates – ...

THE PRO PROGRAMME

The first month

DAY	WEEK 1	WEEK 2	WEEK 4	WEEK 5
Monday	Endurance (30 mins) Flexibility (10 mins)	Endurance (30 mins) Balance (10 mins)	Endurance (30 mins) Flexibility (10 mins)	Endurance (30 mins) Balance (10 mins)
Tuesday	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)
Wednesday	Endurance (30 mins) Flexibility (15 mins) – or Sport (90 mins)	Endurance (30 mins) Balance (15 mins) – or Sport (90 mins)	Endurance (30 mins) Flexibility (15 mins) – or Sport (90 mins)	Endurance (30 mins) Balance (15 mins) – or Sport (90 mins)
Thursday	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)
Friday	Endurance (30 mins) Flexibility (10 mins)	Endurance (45 mins) Balance (10 mins)	Endurance (45 mins) Flexibility (10 mins)	Endurance (45 mins) Balance (10 mins)
Saturday	Day off	Day off	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)
Sunday	Endurance (60 mins) Flexibility (10 mins)	Endurance (60 mins) Flexibility (10 mins)	Endurance (60 mins) Flexibility (10 mins)	Endurance (60 mins) Flexibility (10 mins)

The second month

DAY	WEEK 6	WEEK 7	WEEK 8	WEEK 9
Monday	Endurance (45 mins, basic) Flexibility (10 mins)	Endurance (30 mins, high) Balance (10 mins)	Endurance (45 mins, HIIT) Flexibility (10 mins)	Endurance (30 mins, high) Balance (10 mins)
Tuesday	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)
Wednesday	Endurance (45 mins, basic) Flexibility (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Balance (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Flexibility (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Balance (15 mins) – or Sport (90 mins)
Thursday	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins)
Friday	Endurance (45 mins, basic) Flexibility (10 mins)	Endurance (45 mins, basic) Balance (10 mins)	Endurance (30 mins, high) Flexibility (10 mins)	Endurance (45 mins, HIIT) Balance (10 mins)
Saturday	Endurance (30 mins) Flexibility (10 mins) – or Day of	Endurance (30 mins) Flexibility (10 mins) – or Day of	Endurance (30 mins) Flexibility (10 mins) – or Day of	Endurance (30 mins) Flexibility (10 mins) – or Day of
Sunday	Endurance (60 mins, easy) Flexibility (10 mins)	Endurance (60 mins, easy) Flexibility (10 mins)	Endurance (75 mins, easy) Flexibility (10 mins)	Endurance (75 mins, easy) Flexibility (10 mins)

The third month

DAY	WEEK 9	WEEK 10	WEEK 11	WEEK 12
Monday	Endurance (45 mins, HIIT) Flexibility (10 mins)	Endurance (30 mins, HIIT) Balance (10 mins)	Endurance (30 mins,high) Flexibility (10 mins)	Endurance (45 mins, HIIT) Balance (10 mins)
Tuesday	Strengt (30 mins) Balance (10 mins) Endurance (30 mins,option)	Strengt (30 mins) Flexibility (10 mins)	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins,option)
Wednesday	Endurance (45 mins, basic) Flexibility (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Balance (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Flexibility (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Balance (15 mins) – or Sport (90 mins)
Thursday	Strengt (30 mins) Balance (10 mins)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins,easy)	Strengt (30 mins) Balance (10 mins) Endurance (30 mins,easy)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins,easy)
Friday	Endurance (45 mins, basic) Flexibility (10 mins)	Endurance (45 mins,basic) Balance (10 mins)	Endurance (45 mins,basic) Flexibility (10 mins)	Endurance (45 mins,basic) Balance (10 mins)
Saturday	Strengt (30 mins) Balance (10 mins) – or Day of	Strengt (30 mins) Flexibility (10 mins) – or Day of	Day of	Day of
Sunday	Endurance (75 mins, easy) Flexibility (10 mins)	Endurance (75 mins,easy) Flexibility (10 mins)	Endurance (75 mins, easy) Flexibility (10 mins)	Endurance (75 mins,easy) Flexibility (10 mins)

The fourth month

DAY	WEEK 13	WEEK 14	WEEK 15	WEEK 16
Monday	Endurance (20 mins, HIIT) Flexibility (20 mins)	Endurance (30 mins, HIIT) Balance (10 mins)	Endurance (45 mins,HIIT) Flexibility (10 mins)	Endurance (20 mins, HIIT) Balance (20 mins)
Tuesday	Strengt (30 mins) Balance (10 mins) Endurance (30 mins)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins)	Strengt (30 mins) Balance (10 mins) Endurance (30 mins)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins)
Wednesday	Endurance (45 mins, basic) Flexibility (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Balance (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Flexibility (15 mins) – or Sport (90 mins)	Endurance (45 mins, basic) Balance (15 mins) – or Sport (90 mins)
Thursday	Strengt (30 mins) Balance (10 mins) Endurance (30 mins,easy)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins,easy)	Strengt (30 mins) Balance (10 mins) Endurance (30 mins,easy)	Strengt (30 mins) Flexibility (10 mins) Endurance (30 mins,easy)
Friday	Endurance (45 mins, basic) Flexibility (10 mins)	Endurance (45 mins,basic) Balance (10 mins)	Endurance (45 mins,basic) Flexibility (10 mins)	Endurance (45 mins,basic) Balance (10 mins)
Saturday	Day of	Day of	Day of	Day of
Sunday	Endurance (75 mins, easy) Flexibility (10 mins)	Endurance (75 mins,easy) Flexibility (10 mins)	Endurance (75 mins, easy) Flexibility (10 mins)	Endurance (90 mins,easy) Flexibility (10 mins)