
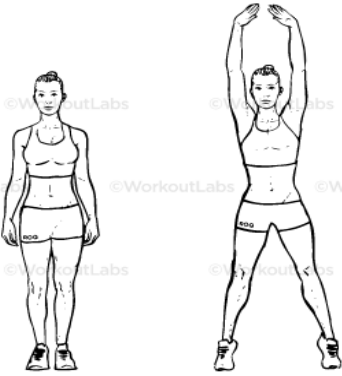

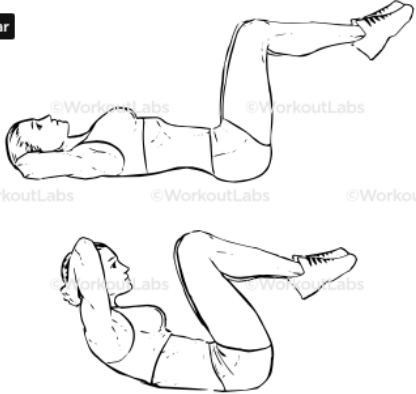




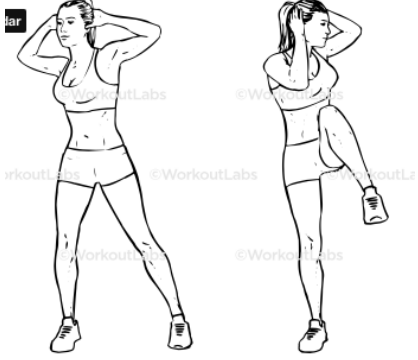
FIRST SESSION TO IMPROVE RESILIENCE (AEROBIC)

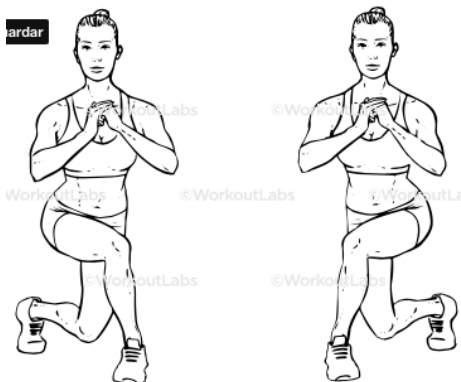


WARM UP

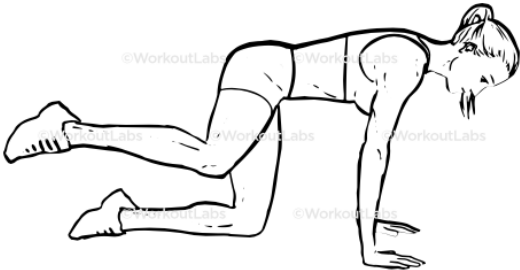


Time	Name Activity + Description	Graphic representation
60s	<p>ROTATING TOE TOUCHES</p> <p>Touch your toe with your opposite hand. Rotate while you do the movement. Repeat.</p>	
60s	<p>JUMPING JACKS</p> <p>Stand with your feet together, arms fully extended with your hands by your sides. Bend your knees slightly then straighten and push through while jumping with your legs to a wider position. As you do so, raise both arms out and up in a smooth arc until your hands meet above your head. As you return to the ground, bring your feet together and your hands back to your sides with your arms fully extended.</p>	


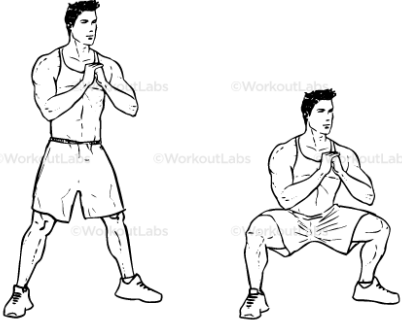
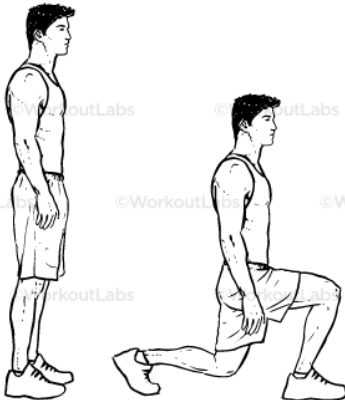
<p>60s</p>	<p>Hip Circles</p> <p>Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips. Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left. Continue in this circular motion. Stop once to switch directions.</p>	
<p>60s</p>	<p>Double Crunches</p> <p>Lie on your back. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Place your hands behind your head and bring your shoulders off the ground. Exhale and contract your abdominals. Bring your head towards your knees while moving your knees toward your chest. Pause and return to the starting position.</p>	<p>Guardar</p> 
<p>4 minutes warm up</p>		




MAIN PART (55s per exercise and 5s resting)

Time	Name Activity + Description	Graphic representation + Stretched muscles
55s	<p>High knees</p> <p>Begin jogging in place, lifting the knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back.</p>	
55s	<p>Butt kicks</p> <p>Standing tall with a tight core and flat back, you will begin it as if you were running in place. Keep the knees slightly bent at all times. Bring your left foot back and all the way up to the glutes. Return your left foot to the ground and repeat on the other side. Continue this back and forth motion, keeping your arms swinging in motion.</p>	
55s	<p>Standing Cross-body Crunches</p> <p>Standing up straight, bring your hands behind your head so that your elbows are pointed to the sides. Twisting your body, bring your left elbow down and across your body. At the same time, raise your right knee up and across to meet the left elbow. Return to the starting position. Repeat on the other side and continue alternating.</p>	

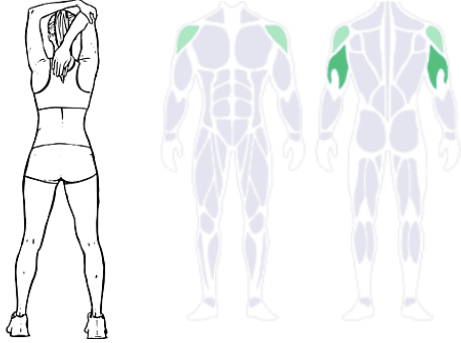
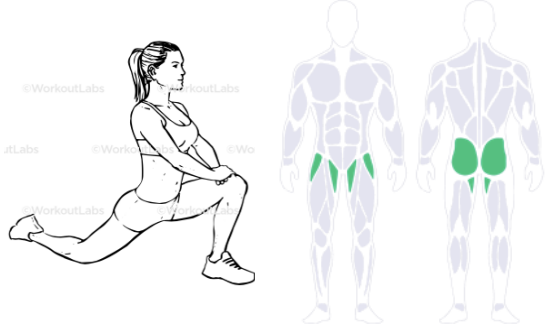
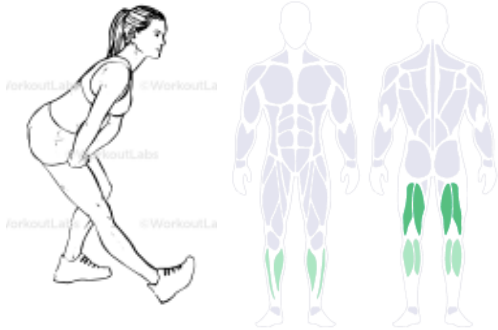
<p>55s</p>	<p>Alternating Curtsy Lunge</p> <p>Standing with a braced core and flat back, bring your hands together at chest height. Position your feet to be at hip-width. Beginning with the right foot, step backward and across your left foot. Simultaneously, bend the left knee and drop it towards the ground. Stop when the front right knee is parallel with the ground. Push off the ground with your right foot and return to the starting position.</p>	
<p>55s</p>	<p>Bodyweight Squats</p> <p>Stand with your feet hip width apart. Place your hands behind your head or at the sides of your head. Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair. Keep your back straight at all times. Do not let your knees extend out beyond the level of your toes. Return to the start position by pushing down through your heels and extending your hips forward until you are standing straight. Repeat.</p>	
<p>55s</p>	<p>Cross Body Mountain Climbers</p> <p>Assume a push-up position. Core is tight. Back is flat. Hands are underneath the shoulders. Head is in neutral position. Bring one knee up towards your chest and twist towards the opposing elbow. Contract the core and return the leg to the starting position. Alternate between legs.</p>	

<p>55s</p>	<p>Fire Hydrants / Abductor / Adductor Knee Raises</p> <p>Position yourself on all fours with your palms flat and shoulder-width apart. Place your knees hip-width apart and bend them at a 90-degree angle. Maintain this posture as you raise your right knee and bring it as close to your chest as you can. Now raise your right thigh out to the side, keeping the hips still. Kick your raised leg straight back slowly until it is in line with your torso.</p>	
<p>55s</p>	<p>Jump Squats</p> <p>Stand with your feet hip width apart. Your toes should be pointing straight ahead or only slightly outward. Place your hands behind your head or at the sides of your head. Drive down through your heels pushing yourself up of the floor with your quads. At the same time extend our arms out above you. Land with your knees slightly bent to absorb the impact.</p>	
<p>55s</p>	<p>Power Skips</p> <p>Stand up straight with a tight core and flat back. Raise your arms to waist height. Forcefully push off the ground, elevating the left side higher than the right side. Swing your left hand up and your right hand back. Land on the balls of your feet, then immediately push off again with the right side.</p>	

<p>55s</p>	<p>Walking High Kicks</p> <p>Begin by standing tall with your feet placed shoulder-width apart. Maintain this posture as you raise your right knee as high as you can and step forward. Try not to round your lower back. Repeat with the left leg and continue to alternate legs as you walk.</p>	 A line drawing of a woman in profile, standing on her left leg and kicking her right leg straight out to the side and upwards. Her right arm is extended forward, and her left arm is bent at the elbow with her hand near her chest. The drawing is simple and uses black outlines on a white background.
<p>55s</p>	<p>Body weight sumo</p> <p>Stand with your feet in a wide stance, with your toes slightly pointed outwards, like a sumo wrestler. Hold your hands together in front of your chest. Keeping your back straight, lower your body towards the ground by bending your knees. As you reach a fully squatting position, hold the pose and repeat.</p>	 A line drawing of a man in profile, performing a sumo squat. He is standing with his feet wide apart and toes pointed outwards. He is holding his hands together in front of his chest. The drawing shows two positions: a standing position on the left and a squatting position on the right. The drawing is simple and uses black outlines on a white background.
<p>55s</p>	<p>Lunges</p> <p>Stand straight, step forward with your left leg and slowly lower your body until your front knee is bent at least 90 degrees, while your rear knee is just off the floor. Keep your torso upright the entire time. Pause, then push off your left foot off the floor and return to the starting position as quickly as you can. On your next rep, step forward with your right leg. Alternate legs.</p>	 A line drawing of a man in profile, performing a lunge. He is standing on his right leg and stepping forward with his left leg. His front knee is bent at a 90-degree angle, and his rear knee is just off the floor. The drawing shows two positions: a standing position on the left and a lunging position on the right. The drawing is simple and uses black outlines on a white background.

55s	<p>Dead Bug</p> <p>Lie on your back. Extend hands straight above towards the ceiling. Bring your knees up to a 90-degree angle. Shins should be parallel to the floor. Exhale and bring hips off the floor. Begin by extending one leg forward. The foot should be hovering just above the ground. Pause then return the leg to its starting position while extending the opposing leg. Keep alternating legs while maintaining a tight core.</p>	
55s	<p>Seal Jacks</p> <p>Stand tall with your core braced, chest up, and arms at your sides. Begin the movement by jumping into the air. As you jump, move your legs out to the side. Also, bring your arms up in front of you and clap your hands together. Once your feet touch the ground, jump back into the starting position with your legs together and hands at your sides.</p>	
55s	<p>Front Kicks</p> <p>Stand with a tight core and flat back. Stagger your feet just a little so that your left foot is in front and your right front is behind you. Bend your elbows and bring your closed hands to your chin, mimicking a traditional boxing stance. Begin by extending your right leg up, leading with your knee. Next, extend your foot out. Immediately, retract it back to the starting position.</p>	
<p>2 sets: 15min x 2 = 30min approx.</p>		

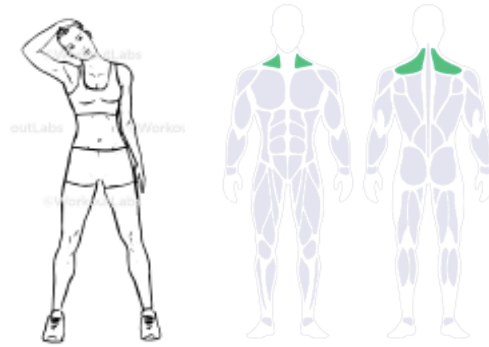
COLD DOWN

Time	Name Activity + Description	Graphic representation + Stretched muscles
60s	<p>Overhead Triceps Stretch</p> <p>Standing up straight with a tight core, extend your left arm straight into the air. Keep the elbow up as you bend your arm behind your head. Take the right hand and gently pull the left elbow towards the right. Hold this stretch then switch to the other side.</p>	 <p>Triceps and shoulders</p>
60s	<p>Kneeling Hip Flexor Stretch</p> <p>Step forward with the left leg as your right knee comes all the way to the ground. Flatten your right foot out so the toes are pointing behind you. Placing your hands on your sides, gently push your hips slightly forward. You will feel the stretch in your right hip flexor. Switch sides and repeat.</p>	 <p>Glutes & Hip Flexors</p>
60s	<p>Standing Hamstring Stretch</p> <p>Stand with feet closer than shoulder-width. Step forward with your left foot. Flex the left foot up towards you. Bend at the hips and place your hands on your thigh. Keep the left leg straight as you slightly bend the right knee. Feel the stretch along your left hamstring. Hold for the prescribed amount of time then switch sides.</p>	 <p>Hamstrings and calves</p>

60s

Neck stretch

Stand tall with your head facing forward. Lower your left ear to your left shoulder as far as is comfortable. Place your left hand on your head, just above the right ear and gently pull the head a little further to the left side to feel the stretch on the right side of your neck. Release the stretch and repeat on the other side.



Neck and upper traps

4 minutes cold down