
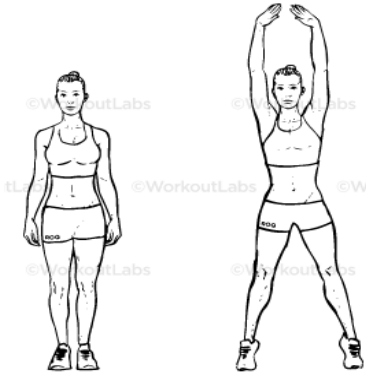


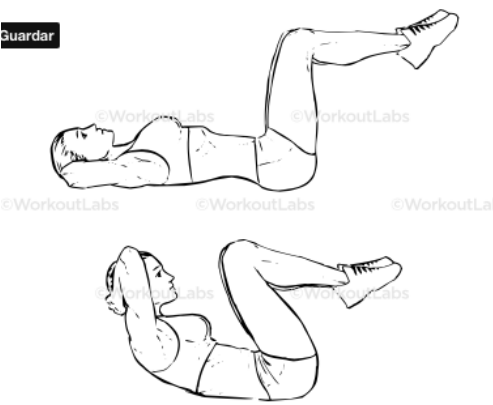


FIRST SESSION SUMMER PROGRAM (Mondays)

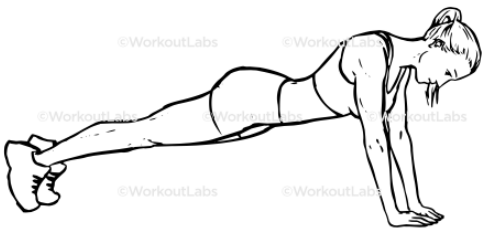
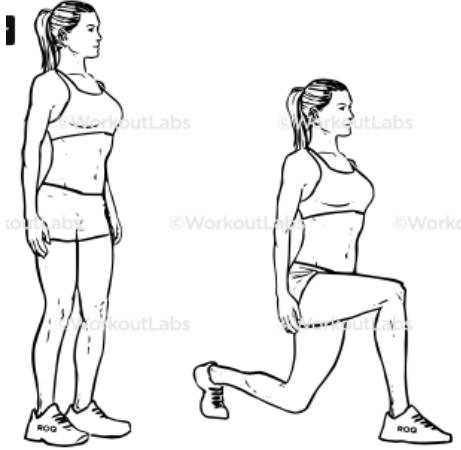
WARM UP




Time	Name Activity + Description	Graphic representation
55s	<p>ROTATING TOE TOUCHES</p> <p>Touch your toe with your opposite hand. Rotate while you do the movement. Repeat.</p>	
55s	<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>	



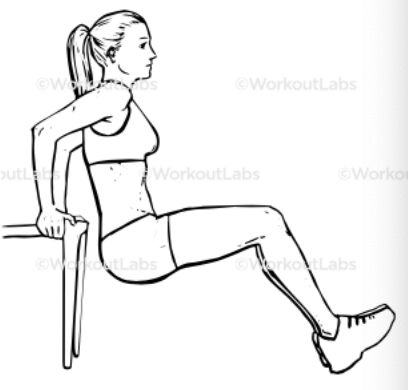
<p>55s</p>	<p>Hip Circles</p> <p>Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips. Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left. Continue in this circular motion. Stop once to switch directions.</p>	
<p>55s</p>	<p>Shoulder Stretch</p> <p>Stand tall and bring your right arm across your upper body, holding it with your left arm just below or above the elbow. Hold the stretch and then release. Repeat the stretch with the left arm.</p>	
<p>55s</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>4.5 min x 2 sets = 9 min</p>		

MAIN PART

Strength exercises: in this first part of the session each exercise will be done for 55 seconds (except the *plank*) and then rest for 10-15s. It will be repeated twice. Between sets there will be 2 minutes of resting.

Time	Name Activity + Description	Graphic representation
55s	<p>Pushups</p> <p>Position yourself on all fours. Place your hands in front of you and shoulder-width apart. Now bring your hands in towards the center until the tips of your index fingers and tips of your thumbs are touching. Lift off your knees so that your body forms a straight line and just your hands and toes touch the floor. Keep your pelvis straight and abs engaged and aim to keep a straight back. Bend your elbows and lower your body towards the floor, aiming to touch your chest to the top of your hands.</p>	
55s	<p>Bodyweight Walking Lunges</p> <p>Stand straight and place your hands on your hips. Step forward with either leg in a long stride. Keep your other foot in place behind you. Bend your knees as you do this, so your body is lowered towards the ground. Keep your back straight throughout the movement. Continue down until your front knee is just above the ground. Push down through your front heel and extend both knees to return to the start position.</p>	

<p>55s</p>	<p>Standing Two-Armed Bent Over Dumbbell Rows (use another weight if you don't have dumbbells)</p> <p>Stand tall with a tight core and flat back. Hold a pair of dumbbells (at your side with an overhand grip). Bend slightly at the knees as you push your hips back. Keep your chest and head up. Upper body should be almost parallel with the floor. With your elbows at a 60-degree angle, bring the dumbbells up.</p>	
<p>30s</p>	<p>Plank</p> <p>Get into a face down position on the floor supporting your upper body on your forearms. Your elbows should be bent at 90 degrees. Extend your legs straight out behind you, supporting them on your toes and balls of your feet. Keep your body in a straight line by tightening your abdominal and oblique muscles.</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.</p>	

<p>55s</p>	<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 the balls of your feet while straightening your knees to jump up spreading your legs to wider than hip width apart. As you do so, raise both arms out and up in a smooth arc until your hands meet above your head. Then bring your feet together and your hands back to your sides with your arms fully extended to return to the starting position</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>Bench Triceps Dips</p> <p>Sit on a chair with your hands either next to your hips or slightly under the hips. Lift up onto your hands and bring your hips forward. Bend your elbows and lower your hips down, keeping shoulders down and hips close to the chair. Push back up but don't lock your elbows.</p>	

55s

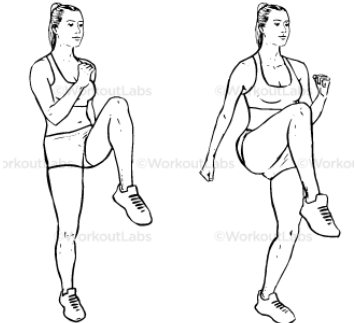
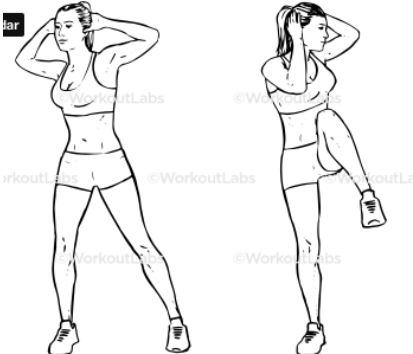
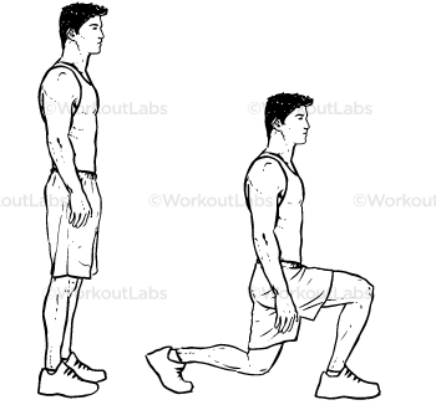
Burpees

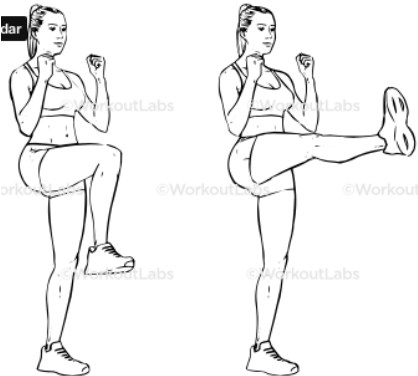


Stand straight with your feet shoulder width apart and hands by your sides. In one smooth motion, squat down and place your hands palms down on the floor in front of your feet. Lean forward, so your weight is on your hands, at the same time jumping your legs out behind you until they are fully extended. Your body should form a straight line with your weight supported on your toes and the balls of your feet and your arms fully extended. Jump your feet out by spreading your legs, so that they are wider than hip width apart, then immediately jump them back together. Complete 1 full push up. Jump your feet forward to just behind your hands.

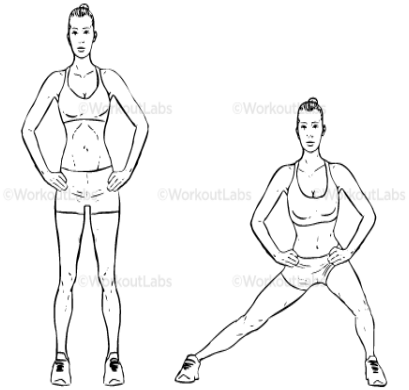
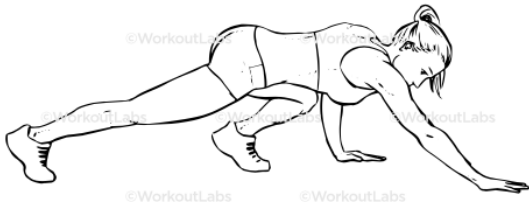



9,5 minutes x 2 sets = 19 minutes

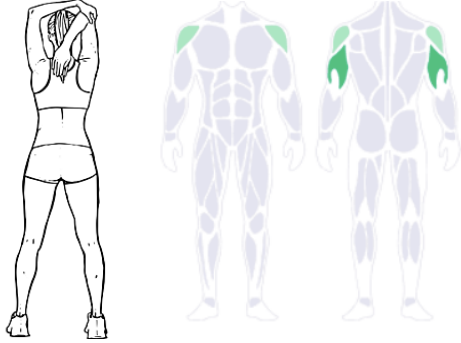
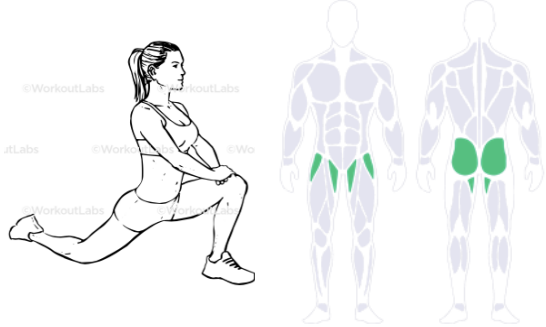
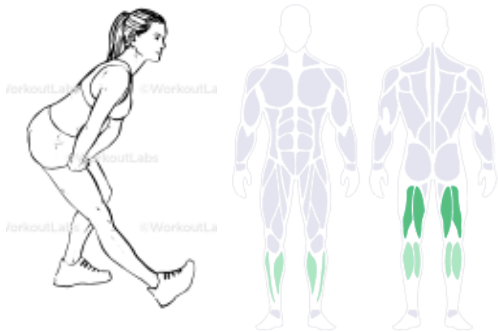
Cardiovascular exercises: in this second part of the session each exercise will be done for 55 seconds. There won't be any resting if possible (or only 5 seconds if needed) but the %HR should not pass the 75%. It will be repeated three times. Between sets there will be 2 minutes of resting.

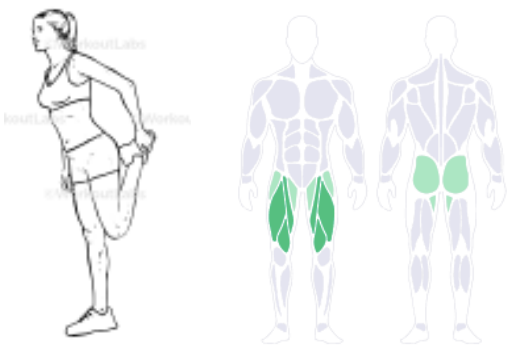
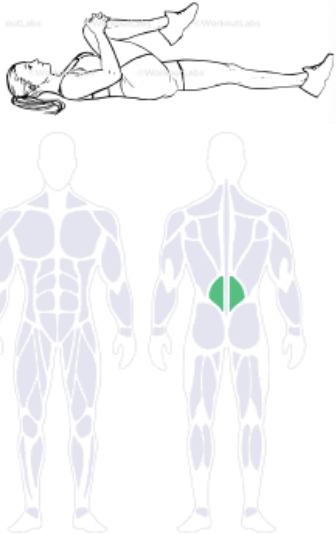
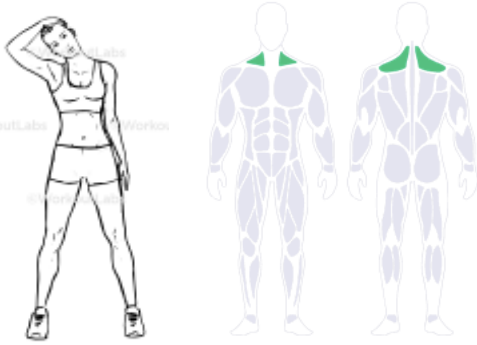
Time	Name Activity + Description	Graphic Representation
55s	<p>High knees</p> <p>Begin jogging in place, lifting the knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back.</p>	
55s	<p>Standing Cross-body Crunches</p> <p>Standing up straight, bring 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>	
55s	<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>	

<p>55s</p>	<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>55s</p>	<p>Run still</p> <p>Mimic the movements of running.</p>	
<p>55s</p>	<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.</p>	

<p>55s</p>	<p>Lateral Lunges</p> <p>Stand tall with a tight core and make sure your feet are shoulder-width apart. Bring your hands together for balance. Step directly to the left, leaving your right foot in place. Bend the left knee and pause once the upper left thigh is parallel to the ground. Your right leg should be completely straight. Contract the hamstring muscle then push off the ground to return to the starting position. Repeat on the right side. Alternate this movement.</p>	
<p>55s</p>	<p>Bear Crawls</p> <p>Come to the ground, placing your knees below your hips and your hands below your shoulders. Elevate your hips up, extending your legs and arms. Move the right hand forward as you simultaneously move the left foot forward. Afterwards, move the left hand and right foot forward. Continue in this back and forth pattern, always moving the opposite hand and foot.</p>	
<p>55s</p>	<p>Walking still</p> <p>Mimic the movements of walking.</p>	
<p>8.25 minutes x 3 sets = 24,75 minutes</p>		

COLD DOWN (30s each arm/leg per exercise = 60s)

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.</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.</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>

<p>60s</p>	<p>Standing Quadricep Stretch</p> <p>Stand next to a wall or stationary object to support your balance. Grasp the top of your right ankle or forefoot with your right hand and pull the ankle or foot towards your buttocks. Straighten the right hip by moving your knee slightly backwards and making sure it faces the floor. Don't let your knee flare out towards the side. Hold the stretch.</p>	 <p>Quadriceps, glutes and hip flexors</p>
<p>60s</p>	<p>Knee-to-Chest Lower Back Stretch</p> <p>Lie on your back on a mat with your legs extended in front of you and backs of heels on the floor. Grab hold of your right knee and gently pull it up to your chest until you can feel a slight stretch in your lower back. Try to bring the knee as close to your chest as is comfortable while keeping the left leg relaxed. Hold the stretch and then release the leg to starting position.</p>	 <p>Lower back</p>
<p>60s</p>	<p>Neck stretch</p> <p>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.</p>	 <p>Neck and upper traps</p>
<p>6 minutes cold down</p>		

TOTAL: 9min (warm up) + 43,57 (main part) + 6 min (cold down)

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58,75 minutes of workout