
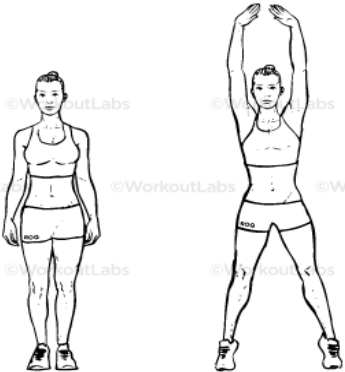
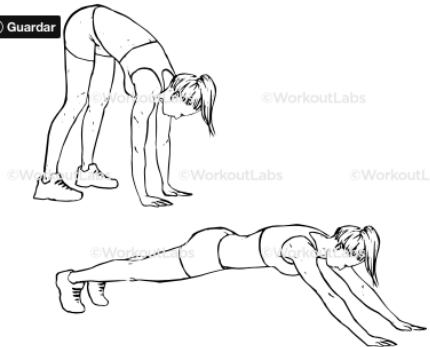

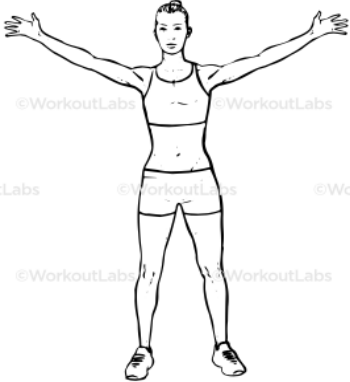


SECOND SESSION SUMMER PROGRAM (Wednesdays)

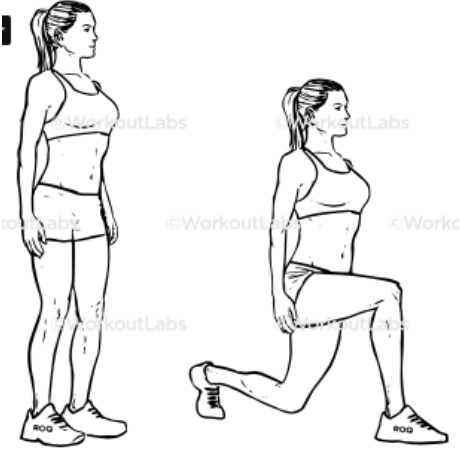

WARM UP



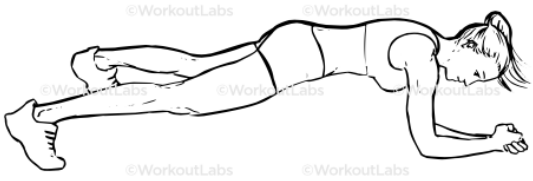
Time	Name Activity + Description	Graphic representation
55s	<p>ROTATING TOE TOUCHES</p> <p>Touch your toe with your opposite hand. Rotate while you do the movement. Repeat.</p>	
55s	<p>JUMPING JACKS</p> <p>Stand with your feet together, arms fully extended with your hands by your sides. Bend your knees 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>	


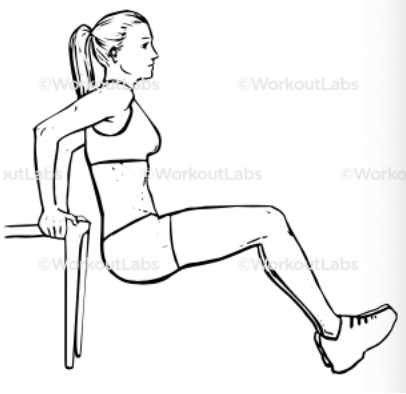

<p>55s</p>	<p>Walkouts</p> <p>Stand tall with your legs extended straight. Bend over from the hips and touch the floor with your palms flat on the floor. Keep your legs straight as you walk your hands as far forward as you can. Take small steps and walk your feet to your hands.</p>	
<p>55s</p>	<p>Shoulder 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>Standing Arm Circles</p> <p>Standing with a flat back and tight core, raise your arms to the sides. Slowly rotate your arms in a circular motion.</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.

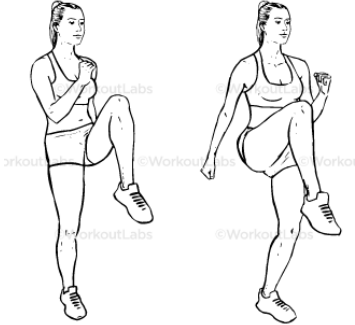
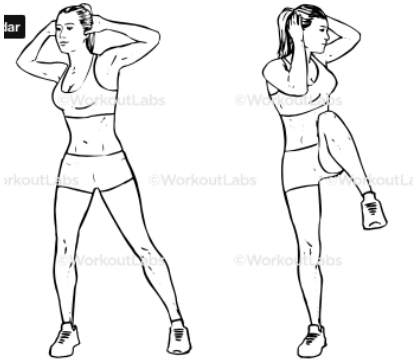

Time	Name Activity + Description	Graphic representation
55s	<p>Bodyweight Walking Lunges</p> <p>Stand straight with your feet shoulder width apart and place your hands on your hips. Step forward with either leg in a long stride. Keep your other foot in place behind you. Bend your knees as you do this, 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>	
30s	<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>	

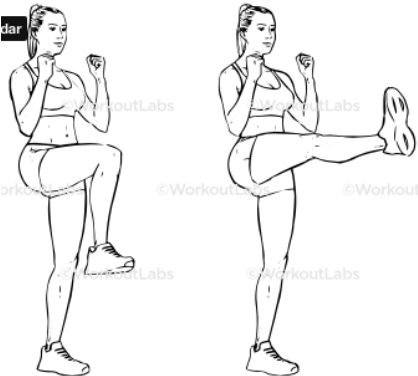

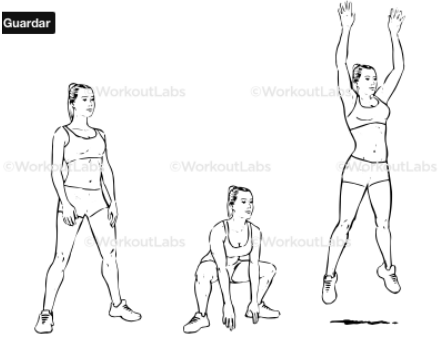
<p>55s</p>	<p>Bodyweight Squats</p> <p>Stand with your feet hip width apart. Place your hands behind your head or at the sides of your head. Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair. Keep your back straight at 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.</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>Plank Jacks</p> <p>Get into a pushup position with hands under shoulders and body straight from head to toes. Engage your core and bend your elbows, keeping them in towards the body. Straighten your arms and quickly jump the feet forward to outside of the hands.</p>	

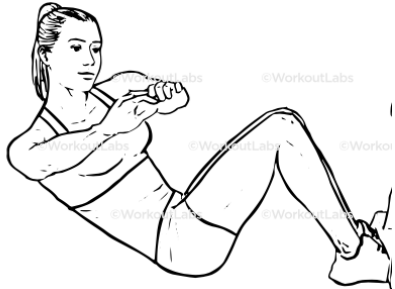


<p>55s</p>	<p>Jackknife Sit-up</p> <p>Lie flat extending your arms straight back behind your head. Fully extend your legs also. Bend at your waist and at the same time, raise your legs and arms to meet in a closed jackknife position. At this point, your legs should remain fully extended at between 35-45 degrees from the floor.</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>	
<p>55s</p>	<p>Lunge Punches</p> <p>Keeping your back upright, take one step forward. Lower your body into the lunge until the forward leg reaches a 90-degree angle bend. As you lunge, strike forward with your opposite hand to a punch.</p>	

<p>55s</p>	<p>Burpees</p> <p>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.</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>10,75 min x 2 sets = 21,5 minutes</p>		

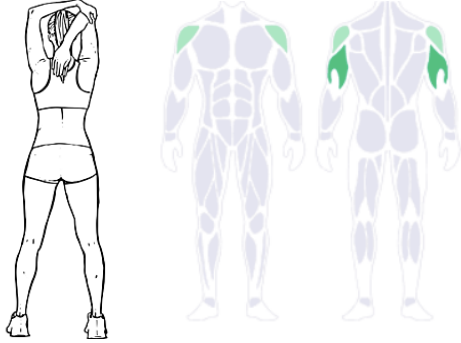
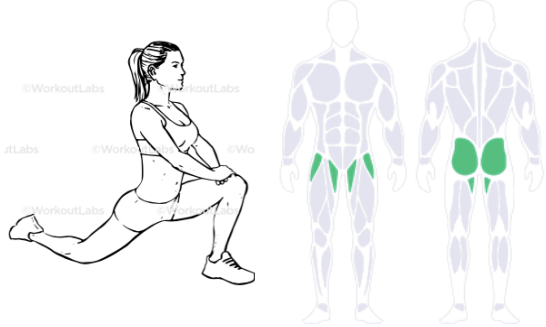
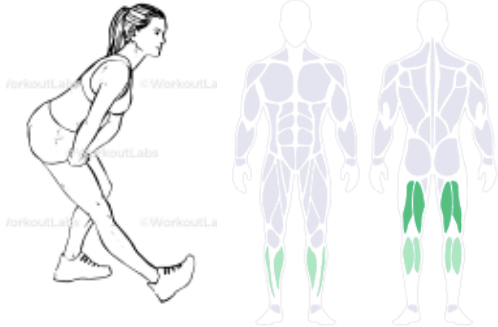
Cardiovascular exercises: in this second part of the session each exercise will be done for 55 seconds. There won't be any resting if possible (or only 5 seconds if needed) but the %HR should not pass the 75%. It will be repeated three times. Between sets there will be 2 minutes of resting.

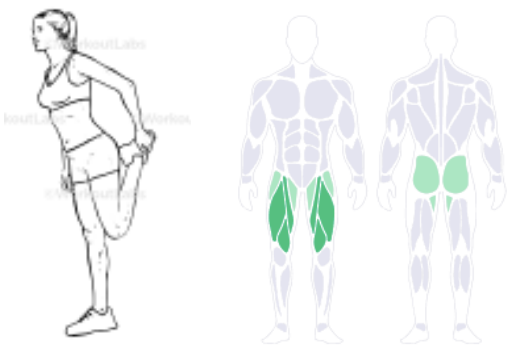
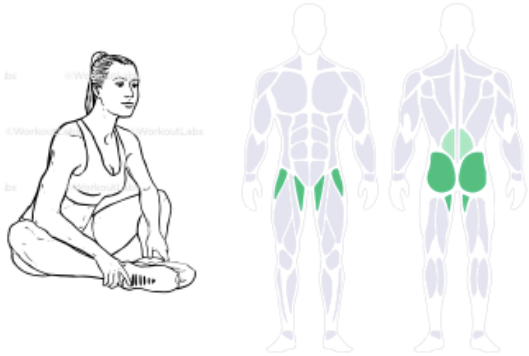
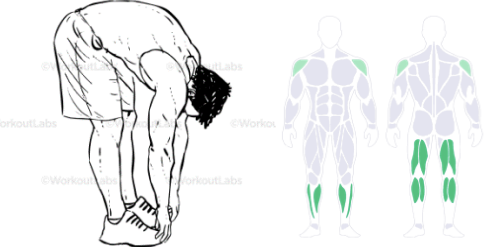
Time	Name Activity + Description	Graphic Representation
55s	<p>High knees</p> <p>Begin jogging in place, lifting the knees as high as you can. Try to lift your knees up to hip level but keep the core tight to support your back.</p>	
55s	<p>Standing Cross-body Crunches</p> <p>Standing up straight, bring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

<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 de movements of running.</p>	
<p>55s</p>	<p>Frog Jumps</p> <p>Standing straight up, bring your feet outside of shoulder width. Squat down by bending at the knees and driving your hips back. Keeping your chest up, forcefully push off the ground with the balls of your feet. Land on the balls of your feet, remaining in the squatting position.</p>	

55s	<p>V-sit twists</p> <p>Keep your knees bent. Raise your upper body from the mat to form V-shape with your thighs. Keep your arms fully extended in front of your chest, clasping your hands together. Twist your upper body to the right until you feel a stretch in your back and sides. Keep your arms parallel to the floor and exhale as you do this.</p>	
55s	<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.</p>	
55s	<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>Butterfly Stretch</p> <p>While sitting on the floor with a straight back and tight core, bring each foot inward. Feet should be touching, and your legs should make a diamond shape. Grab your feet with your hands. Place your elbows on the inside of your knees. Slowly lean forward from the hips.</p>	 <p>Glutes, hip flexors and lower back</p>
<p>60s</p>	<p>Toe touches</p> <p>Put your feet together and, slowly, allow your upper body to hang over, dropping your arms. Your hands must to touch your toes. Hold.</p>	 <p>Calves, hamstrings and shoulders</p>
<p>6 minutes cold down</p>		

TOTAL: 9min (warm up) + 46,24 (main part) + 6 min (cold down)

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61,25 minutes of workout