
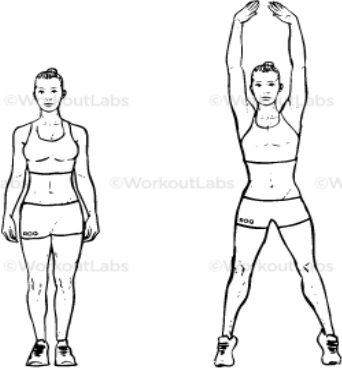


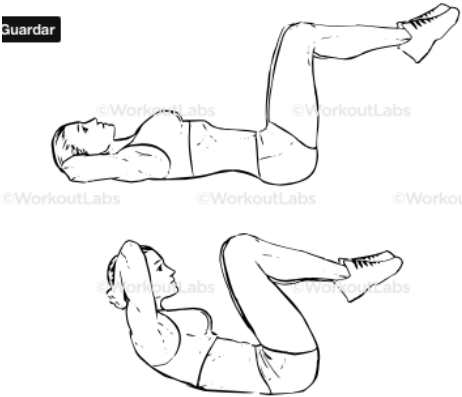


## THIRD SESSION SUMMER PROGRAM (Saturdays)

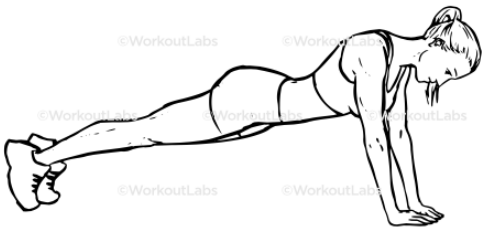
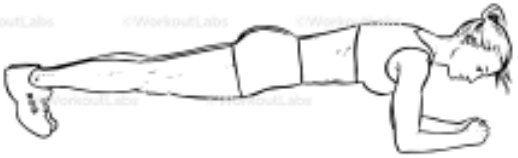
### WARM UP


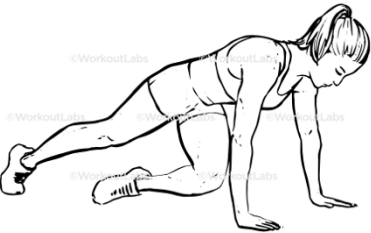

Time	Name Activity + Description	Graphic representation
55s	<p><b>ROTATING TOE TOUCHES</b></p> <p>Touch your toe with your opposite hand. Rotate while you do the movement. Repeat.</p>	
55s	<p><b>JUMPING JACKS</b></p> <p>Stand with your feet together, arms fully extended with your hands by your sides.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

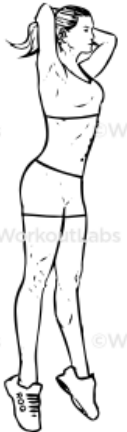


<p>55s</p>	<p><b>Hip Circles</b></p> <p>Stand tall with your chest up. Move your feet to shoulder-width apart. Place your hands on your hips. Begin the movement by shifting your hips to the left. Bring them forward and to the right in a circular motion. From the right, shift your hips back and to the left. Continue in this circular motion. Stop once to switch directions.</p>	
<p>55s</p>	<p><b>Shoulder Stretch</b></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><b>Double Crunches</b></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><b>4.5 min x 2 sets = 9 min</b></p>		

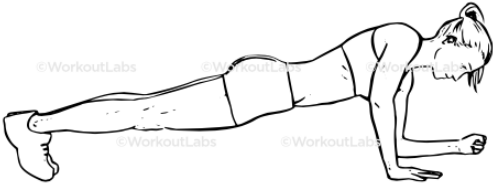
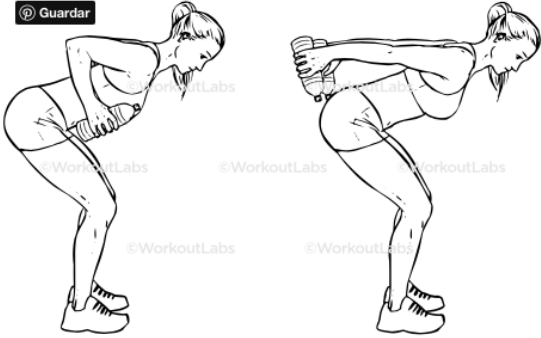
## MAIN PART

**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.

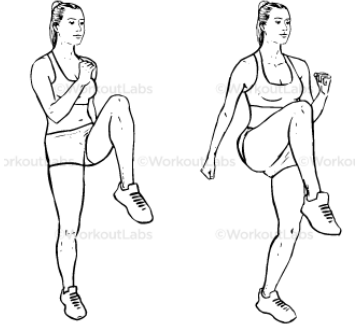
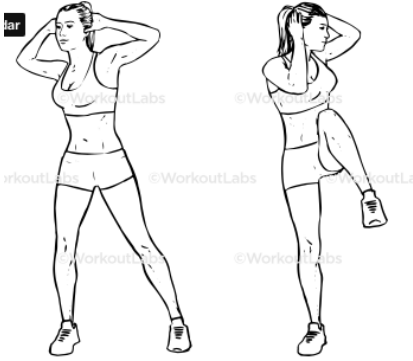
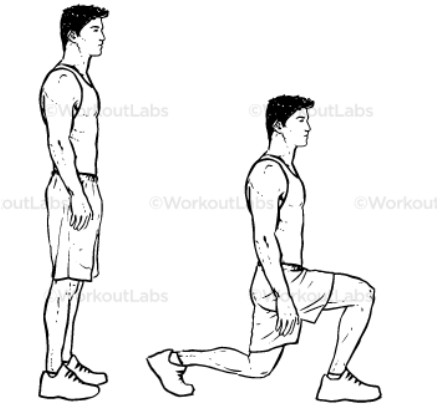
Time	Name Activity + Description	Graphic representation
55s	<p><b>Pushups</b></p> <p>Position yourself on all fours. Place your hands in front of you and shoulder-width apart. Now bring your hands in towards the center until the tips of your index fingers and tips of your thumbs are touching. Lift off 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>	
30s	<p><b>Plank</b></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>	

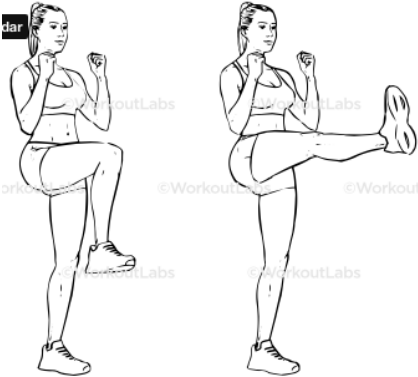
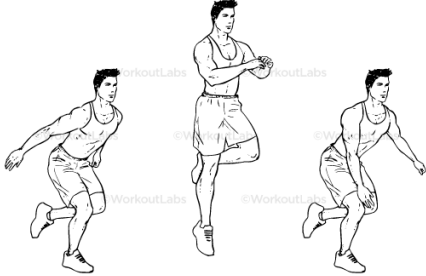

55s	<p><b>Bodyweight Squats</b></p> <p>Stand with your feet hip width apart. Place your hands behind your head or at the sides of your head. Keep your weight on your heels and bend your knees while lowering your hips towards the ground as if you are sitting down on a chair. Keep your back straight at 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>	
55s	<p><b>Cross Body Mountain Climbers</b></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>	
55s	<p><b>Jumping Jacks</b></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. 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><b>Jump Squats</b></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><b>Bench Triceps Dips</b></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><b>Elbow-to-Knee Crunches</b></p> <p>Lie flat on the floor keeping your lower back straight with no arching of your spine and with your knees bent and feet flat on the floor. Place your hands lightly on the sides of your head. Curl your torso upwards so your shoulders are slightly raised off the floor. Raise your knees until your thighs are at a right angle to the floor and your calves are parallel to the floor. Slowly move your legs in a pedaling action as if you are riding a bicycle. Left elbow to right knee. Right elbow to left knee.</p>	

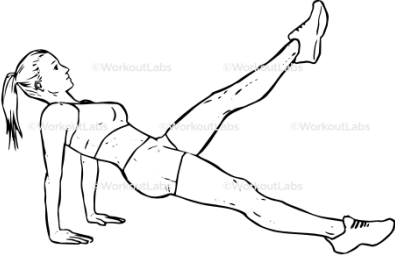

<p>55s</p>	<p><b>Plank to Push-Up</b></p> <p>Start in the plank position with your elbows shoulder-width apart. Press yourself up from the floor one arm at a time into a push-up, maintaining your body in a straight line. Slowly return to the starting plank position the same way, one arm at a time.</p>	
<p>55s</p>	<p><b>Water Bottle Single-Arm Triceps Kickbacks</b></p> <p>Holding a pair of water bottles with an overhand grip, stand tall with your chest up and core braced. Bend at the hips while keeping your back completely flat. Once your upper body is parallel with the floor, bring your upper arms to your sides. Begin by pushing the water bottles back and behind you.</p>	
<p><b>10,75 min x 2 sets = 21,5 minutes</b></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) 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><b>High knees</b></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><b>Standing Cross-body Crunches</b></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><b>Lunges</b></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><b>Front Kicks</b></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. 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>The illustration shows two stages of a front kick. On the left, a woman is in a ready stance with her right leg bent and knee raised. On the right, she has extended her right leg forward and upward, with her foot flat against the air.</p>
<p>55s</p>	<p><b>Single leg hops</b></p> <p>Stand with your feet at shoulder width apart and lift your left leg off the floor, pointing it behind you. Bent your right knee slightly and then push through the floor explosively to allow your body to hop from the ground. As you land, be sure to cushion the impact by once again bending your right knee.</p>	 <p>The illustration shows three stages of a single leg hop. In the first, a man is in a ready stance with his left leg bent and foot off the ground. In the second, he is in mid-air, having pushed off with his right leg. In the third, he is landing on his right leg with his right knee bent to cushion the impact.</p>
<p>55s</p>	<p><b>Butt kicks</b></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.</p>	 <p>The illustration shows two stages of butt kicks. On the left, a woman is in a running-in-place motion with her left leg bent and foot touching her glute. On the right, she has returned her left foot to the ground and is preparing to lift it again.</p>

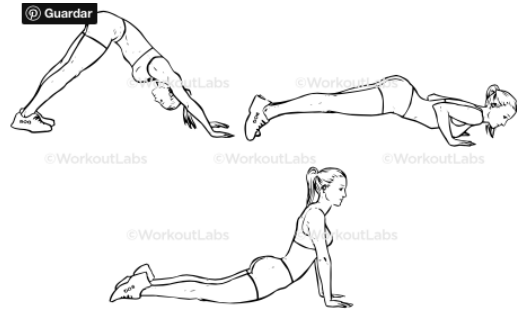


55s	<p><b>Reverse Plank Kicks</b></p> <p>Place your hands on the floor with your fingertips pointing towards your lower body and place your feet together. Elevate your body engaging your core muscles to hold yourself steady. Contract your lower abdominal muscles and lift your right leg off the ground to around a 45-degree angle.</p>	
55s	<p><b>Shadow Boxing</b></p> <p>Stand tall with a tight core. Keep your gaze straight ahead. Bring your hands up to shoulder level. Make a tight fist with the thumb on the outside of your hand. Do not wrap your fingers around your thumb. Begin in a left lead stance. Your left foot should be in front. Your right foot should be behind. Throw a left lead jab by extending your left hand straight out in front of you and immediately retracting.</p>	

55s

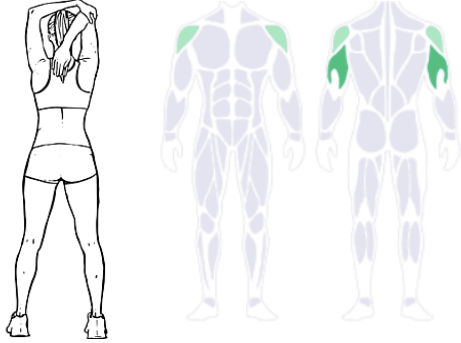
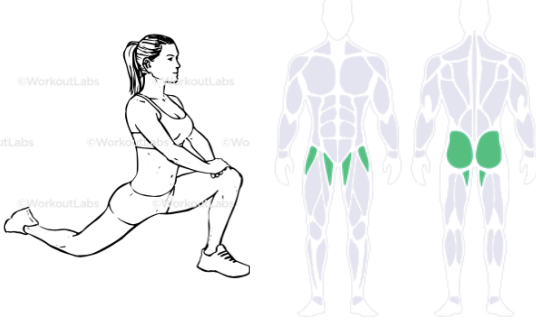
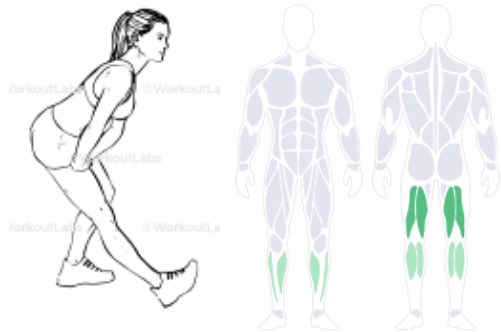
### Judo Push-up

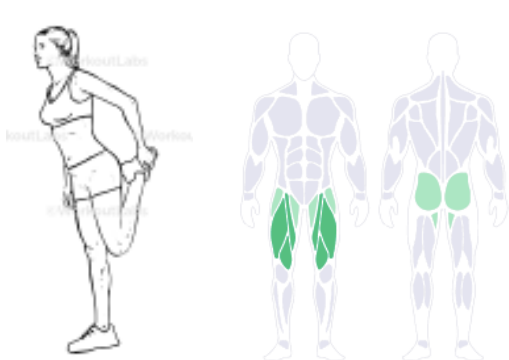
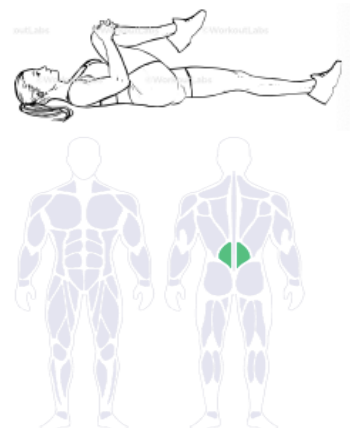
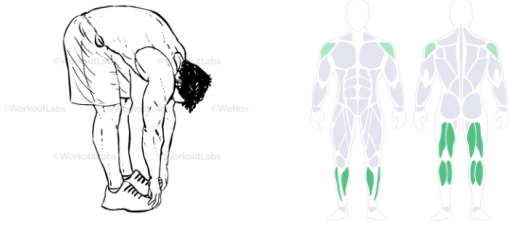
Place your hands flat on the floor shoulder width apart. Keep your back straight and fully extend your legs behind you into a regular push up position, but with your feet spread slightly wider than shoulder width. Move your hands back towards your feet, until your back arches upwards and you are looking between your feet. Bend your elbows, so that your chest and body arc forward and your hips move towards the floor.



5.5 minutes x 3 sets = 16,5 minutes

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

Time	Name Activity + Description	Graphic representation + Stretched muscles
60s	<p><b>Overhead Triceps Stretch</b></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><b>Kneeling Hip Flexor Stretch</b></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 &amp; Hip Flexors</p>
60s	<p><b>Standing Hamstring Stretch</b></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	<p><b>Standing Quadricep Stretch</b></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>
60s	<p><b>Knee-to-Chest Lower Back Stretch</b></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>
60s	<p><b>Toe touches</b></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>
<b>6 minutes cold down</b>		

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

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**61,25 minutes of workout**