



Training programme



**Tone your
body**



3 per week



**from 5/15/2020
to 6/26/2020**



**Andrei
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Workout 20

13 exercises 40 minutes 521 MOVES 280 kcal

1 - Free Exercise - Lateral bound



10 reps x 60 sec
10 reps x 60 sec

2 - Free Exercise - High knees



10 reps x 60 sec
10 reps x 60 sec

3 - Free Exercise - Squat jump



10 reps x 60 sec
10 reps x 60 sec

4 - Free Exercise - Lunge with trunk rotation



10 reps x 60 sec
10 reps x 60 sec

5 - Free Exercise - Squat thrust



10 reps x 60 sec
10 reps x 60 sec

6 - Free Exercise - Quadruped hip extension



10 reps x 60 sec
10 reps x 60 sec

7 - Free Exercise - Side plank with rotation



10 reps x 60 sec
10 reps x 60 sec

8 - Free Exercise - Superman - alternating



10 reps x 60 sec
10 reps x 60 sec

9 - Free Exercise - Oblique twist



30 sec x 60 sec
30 sec x 60 sec

10 - Stretching - Child pose



30 sec x 60 sec

11 - Stretching - Glutes - supine



30 sec x 5 sec
30 sec x 5 sec

12 - Stretching - Hip flexors - half kneeling



30 sec x 5 sec
30 sec x 5 sec

30 seconds of stretch on each side as per picture.

13 - Stretching - Calves



30 sec x 5 sec
30 sec x 5 sec

30 seconds of stretch on each side as per picture.