



Training programme



Tone your body



3 per week



2020



Andrei Simionescu

Workout 5

11 exercises 36 minutes 465 MOVES 249 kcal

1 - Free Exercise - Jumping jack



60 sec x 30 sec

2 - Free Exercise - High knees



60 sec x 30 sec

3 - Free Exercise - Squat to plank



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

4 - Free Exercise - Push-up - diamond



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

5 - Free Exercise - Prone boat



30 sec x 60 sec
30 sec x 60 sec
30 sec x 60 sec

6 - Free Exercise - Bicycle crunch



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

Superman/Superwoman back extension.

7 - Free Exercise - Glute bridge



10 reps x 60 sec
10 reps x 60 sec
10 reps x 60 sec

8 - Stretching - Glutes - seated



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.

9 - Stretching - Hip flexors - half kneeling



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.

10 - Stretching - Lower back - supine



Sets: 1
Duration: 30 sec
Rest time: 1 sec

Make sure the lower back is in touch with the mat

11 - Stretching - Calves



Sets: 2
Duration: 30 sec
Rest time: 5 sec

30 seconds of stretch on each side as per picture.