



# Training programme



**Tone your  
body**



**3 per week**



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



**Andrei  
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## Workout 9

**11 exercises 41 minutes 546 MOVES 293 kcal**

### 1 - Free Exercise - High knees



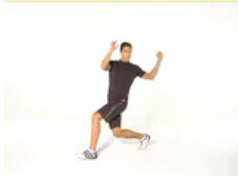
60 sec x 60 sec  
60 sec x 60 sec

### 2 - Free Exercise - Skip - in place



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

### 3 - Free Exercise - Lunge with trunk rotation



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

### 4 - Free Exercise - Squat



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

### 5 - Free Exercise - Glute bridge



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

### 6 - Free Exercise - Reverse crunch



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

### 7 - Free Exercise - Hip crossover



14 reps x 60 sec  
14 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.*