

Cardio

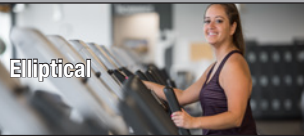
Strength

Stretching

Date: *January 10*









Warm-up

Warm-up 6 to 10 minutes at moderate intensity. Rate your perceived exertion on 10: 1 = easy and 10 = very very difficult (recommended intensity: 5 or 6/10).

	<i>6</i> /10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10	___/10
	<i>10</i> min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.


Strength training

Cautious : 1 set of 15 to 20 reps. **Courageous** : 2 set of 15 to 20 reps. **Bold** : increase weight and do 2 sets of 15 to 20 reps.
Select weight (lbs). / Indicate the number of repetitions done / Indicate the number of sets done.

	<i>6 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>5 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>15 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>15 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>20 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>25 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>- 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /
	<i>25 15 2</i>	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /	/ /

Stretching

Maintain or increase your flexibility choosing exercises from our posters near your gym stretching areas. Execute the exercises following indicated recommendations.

	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.
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