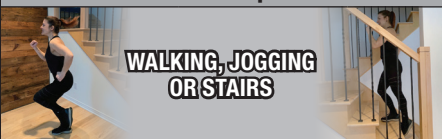


Date: *March 25*










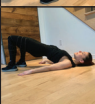






Warm-up

Warm-up 8 minutes at moderate intensity. Rate your perceived exertion on 10: 1 = easy and 10 = very very difficult (recommended intensity: 5 or 6/10).

 <p>WALKING, JOGGING OR STAIRS</p>	<u>6</u> out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10
	<u>8</u> min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.


Strength training

1 minute per exercise and rest for 30 seconds in between each exercise.
Indicate the number of repetitions done.

 Machine #1  Machine #2  Machine #3  Machine #4  Machine #5  Machine #6  Machine #7  Machine #8	Squat																			
	Bridge																			
	Isometric lateral raise																			
	Push-up																			
	Superman																			
	Dip																			
	Crunch																			
	Isometric dead lift																			

Choose a cardio training

Indicate the perception of your effort on 10: 1 = easy and 10 = very difficult
Recommended duration: 10 minutes at moderate to high intensity.

<p>From our At-Home workouts virtual platform of YouTube Channel</p> 	<u>6</u> out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10	___ out of 10
	<u>10</u> min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.	___ min.