



WORKOUT OF THE DAY



Resistance training. Time under tension protocol

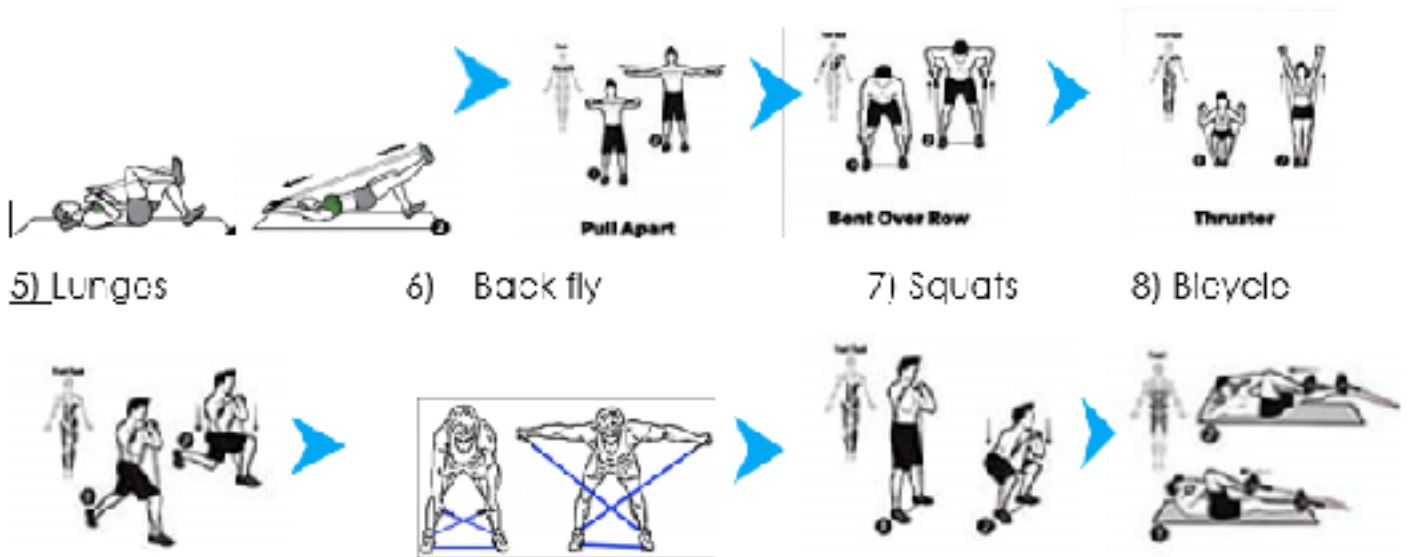
What You'll Need: Elastic bands, Floor mat.

Recommendations: Remember to take sips of water in between stations, rest when you need to, do what feels right for you, check your heart rate, warm up and cool down are essential to prevent injuries.

Warm Up (2X): Neck tuck, neck rotation, arms circles, alternated high knee, alternated leg curl, hip rolls, alternated arms to opposite toe reach, side steps, easy side lunges. 20 s. each.

Exercises: 20 to 30 seconds each exercise x 3. Repeat the whole circuit two or three times.

- 1) total body extension R/L 2) Full apart 3) Bent over row 4) Thruster



Cool Down: Take a 5-minute easy walk and stretch each muscle groups, holding each stretch for 12-20 seconds.



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MWR