

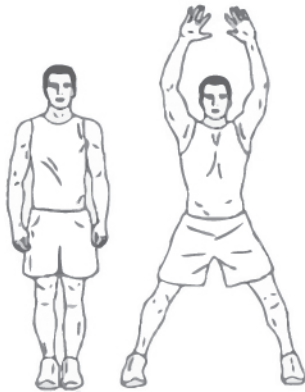
Desafia o Corpo, Desperta a Mente





Awakens

mind, body and soul



20 Seg. Jumping
Jacks



20 Seg. Jump
Squats



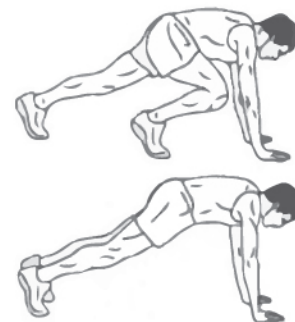
20 Seg. High
Knees



20 Seg. Side-to-side
Lunges



20 Seg. Squats



20 Seg. Climbers

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Awakens

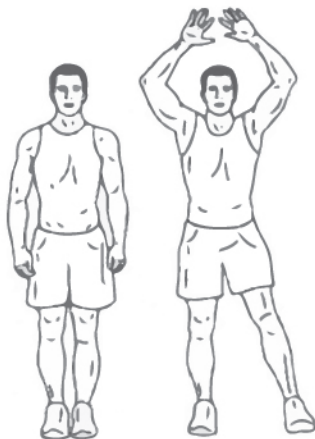
mind, body and soul



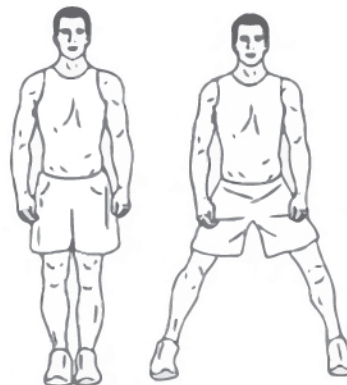
40 March Steps x 4 sets
20 Seg. descanso entre sets



40 Hops on the Spot x 2 sets
sem descanso entre sets



40 Side Jacks x 4 sets
20 seg. descanso entre sets



40 Half Jacks x 4 sets
20 seg. descanso entre sets

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Awakens

mind, body and soul



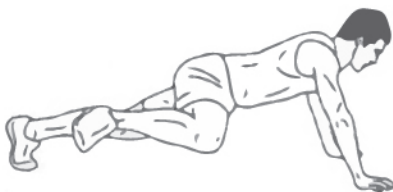
20 Seg. Staggered
Plank Hold



20 Seg. Archer
Plank Hold



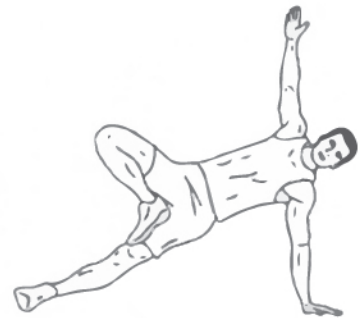
20 Seg. One-arm
Plank Hold



20 Seg. Knee-to-the side
Plank Hold



20 Seg. Raised Leg
Plank Hold



20 Seg. Tucked-in Side
Plank Hold

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