

EXERCÍCIO

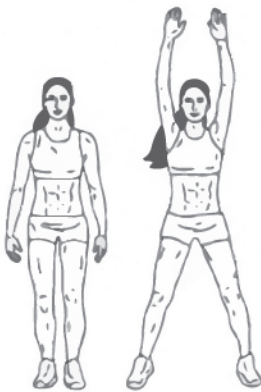


Awakens



Awakens

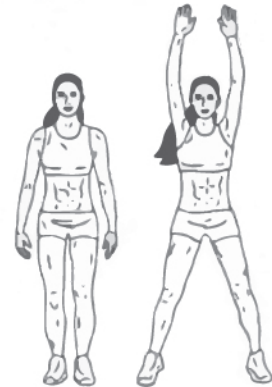
mind, body and soul



20 Seg. Jumping Jacks



20 Seg. Plank Hold



20 Seg. Jumping Jacks



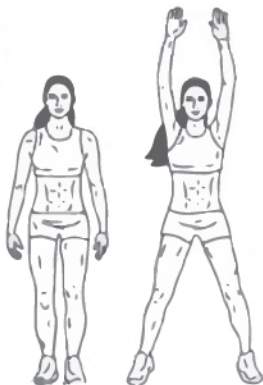
20 Seg. Plank Hold



20 Seg. Basic Burpees



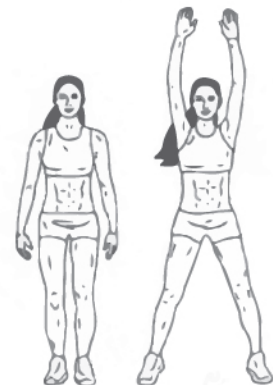
20 Seg. Plank Hold



20 Seg. Jumping Jacks



20 Seg. Plank Hold



20 Seg. Jumping Jacks

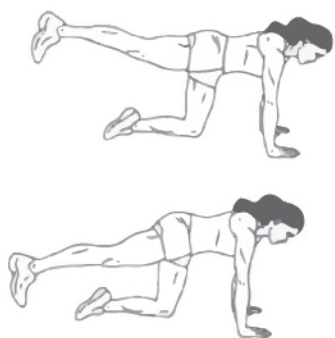
www.awakens.pt



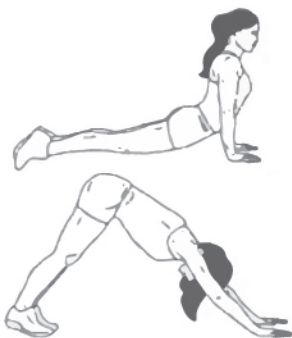


Awakens

mind, body and soul



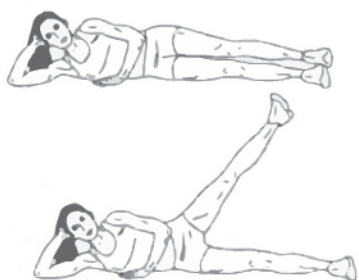
20 Leg Raises



5 Upward Downward Dog



10 Knee-in Extensions



20 Side Leg Raises



10 Air Bike Crunches



10 Crunches

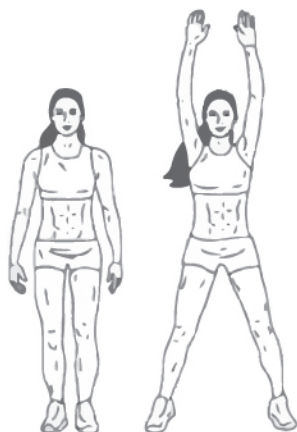
www.awakens.pt



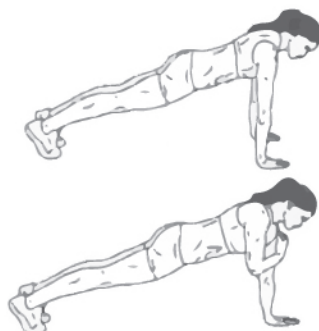


Awakens

mind, body and soul



20 Jumping Jacks



20 Shoulders Taps



20 Climbers



10 Bicycle Crunches



10 Leg Raises



10 Sitting Twists

www.awakens.pt





Awakens

mind, body and soul



30 Segundos



30 Segundos



30 Segundos



30 Segundos



30 Segundos



30 Segundos



30 Segundos



30 Segundos



30 Segundos

www.awakens.pt

