



AWAKENS



Awakens

mind, body and soul



20 Segundos



20 Segundos



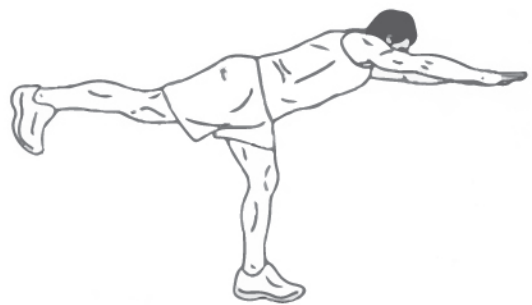
20 Segundos



20 Segundos



20 Segundos



20 Segundos

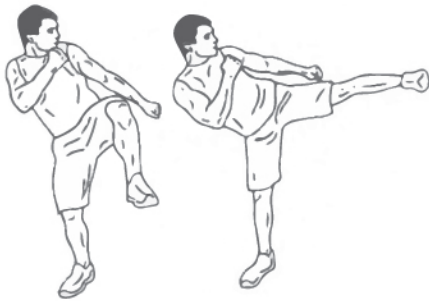
www.awakens.pt



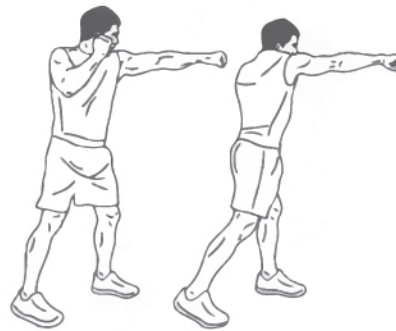


Awakens

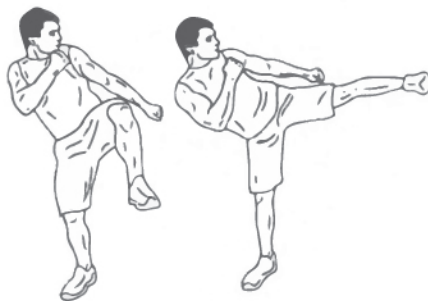
mind, body and soul



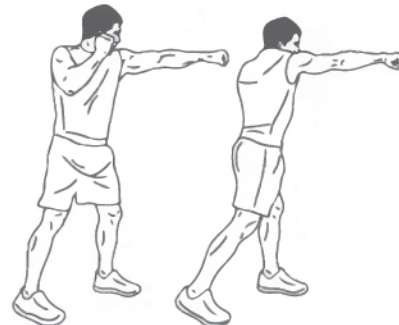
30 Seg. Side Kicks



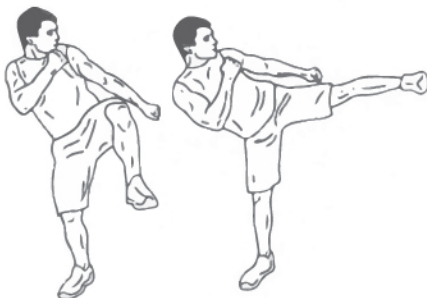
30 Seg. Punches



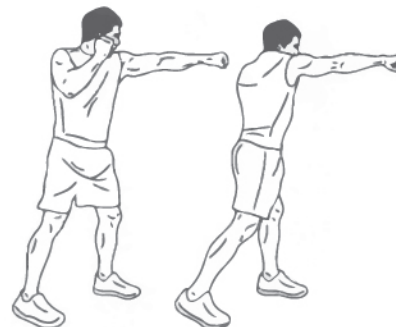
30 Seg. Side Kicks



30 Seg. Punches



30 Seg. Side Kicks



30 Seg. Punches

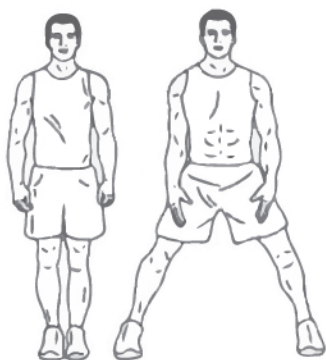
www.awakens.pt



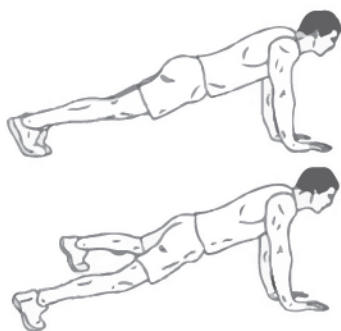


Awakens

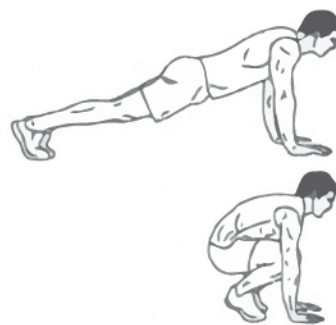
mind, body and soul



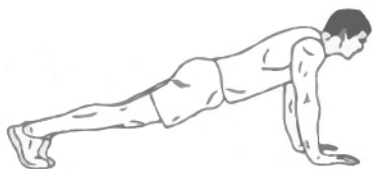
10 Half Jacks



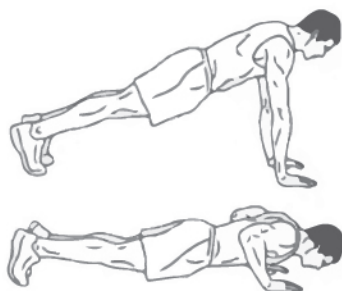
4 Plank Jacks



4 Plank Jump-ins



10-Count plank



4 Push-ups



10 Squats

www.awakens.pt

