YOU WANNA BE LIKE...

OR LIKE...

HERE IS YOUR CHANCE!
IMPORTANT DETAILS ABOUT EXERCISES

- warm up the whole body before the training
- wear warm clothes, so you keep your muscles warm
- do the exercises on a hard surface (yoga mat)
- every exercise must last between **40-60 seconds**
  - be focused on the exercise you are doing
- relax your body and breathing during the exercises
  - training lasts from **45 minutes to 1 hour**
  - keep your legs fully stretched all the time!
- music background is optional (TV not allowed!)

**DO THE EXERCISES EVERY DAY AND THE PROGRESS IS GUARANTEED!**
LEGS EXERCISES
BACK AND HIPS EXERCISES
UPPER BODY EXERCISES