

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







ANKLES EXERCISES





UPPER BODY EXERCISES

