

FRIDAY					
Order	Exercise	Description	Target	Repetitions / Duration	Video
1	WARM-UP (see platform)				
See platform					
2	CARDIO				
Circuit training (no break)	Burpees	Start in standing position. Start the movement by bending your knees, placing your hands on the floor, and stretching your legs out behind your body. Lower your body quickly but yet steadily down towards the floor and move your feet quickly back towards your body. Jump up from deep knee bent position and clap your hands above your head with stretched arms. Add push for more difficulty.	Whole body, knee extensors, extensors, plantar flexors	1 min.	https://www.youtube.com/watch?v=dZgVxmf6jK4
	Jumping jacks	Stand with your legs together; hop straight up, alternately with your legs together and apart. When your legs are apart, move your arms to the sides; when they are together, keep your arms by your sides. Repeat.	Shoulder, hip abductors, ankle stabilizing muscles, coordination	1 min.	https://www.youtube.com/watch?v=UpH7rm0cYbM
	Mountain climber	Begin in a push-up position with arms stretched. Keep abs and back steady while pulling your knee towards your elbow. Return to starting position. Alternate between the legs.	Transverse abdomen	1 min.	https://www.youtube.com/watch?v=nmwgirXLYM
	High knee lift onsite	Stand with feet parallel. Run on the spot with high knees while moving your arms. Don't move forward,	Hip flexors, knee flexors	1 min.	https://www.youtube.com/watch?v=ZZZoCNMU48U
	Jumping rope	Start the exercise with a few jumps to find the rhythm. Jump up and down by actively using your ankle joint. Your shoulders must be relaxed during the entire exercise, and it is your wrists that create movement in the rope. 1 leg, 2 legs, single jump, double jump...	Coordination, cardio, core, hip flexors and extensors, calves, arms and shoulders	1 min.	https://www.youtube.com/watch?v=0NlvRAaOdlQ
	Starfish jumps	Stand and squat down and then immediately jump and extend your arms and legs.	Hip extensors, knee extensors, hip flexors, knee flexors, shoulder, hip adductors, coordination	1 min.	https://www.youtube.com/watch?v=h6wu4_LOhyU
3	YOGA				
Circuit training	Bow pose	Lie on stomach. Bend your knees and hold your ankles. Neck and arms are straight. Then press your feet backwards while keeping arms straight. Lift your head, shoulder and chest upwards.	Spine. Improve posture and spinal flexibility.	30 to 60 seconds each exercise/side	https://www.youtube.com/watch?v=xm00XmmBbto
	Swimming superhero	Lie on belly. Head is straight. Arms and legs are straight and in the air. Slightly lift right arm and left leg (left arm and right leg are still up).	Core. Also shoulder, buttocks and thighs.	30 to 60 seconds each exercise/side	https://www.youtube.com/watch?v=gilrftRWlIQ
	Triangle pose	Watch video for description	Balance and stability. Hamstrings, hips, spine.	30 to 60 seconds each exercise/side	https://www.youtube.com/watch?v=upFYlxZHf0
	Downward-Facing Dog Pose	Watch video for description	Backside of the whole body.	30 to 60 seconds each exercise/side	https://www.youtube.com/watch?v=j97SSGsnCAQ
	High lunge yoga pose	Watch video for description	Hips, core, shoulder and thighs.	30 to 60 seconds each exercise/side	https://www.youtube.com/watch?v=eXupg3oNGJY&t=218s
4	CARDIO				
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	Jumping jacks	Stand with your legs together; hop straight up, alternately with your legs together and apart. When your legs are apart, move your arms to the sides; when they are together, keep your arms by your sides. Repeat.	Shoulder, hip abductors, ankle stabilizing muscles, coordination	30 sec.	https://www.youtube.com/watch?v=UpH7rm0cYbM

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5	RELAXATION				
	Relaxation	Use a matress. Close your eyes. Enjoy!		Minimum 10-15 minutes	https://www.youtube.com/watch?v=dHVT02g_zTo https://www.youtube.com/watch?v=ihO02wUzgkc https://www.youtube.com/watch?v=VHslrXkg0wk