



SHAPE YOUR BODY



WORKOUT 1	WORKOUT 2	WORKOUT 3	WORKOUT 4	WORKOUT 5	WORKOUT 6
<i>SKIP</i>	<i>PUSH UP</i>	<i>SKIP</i>	<i>PUSH UP</i>	<i>SKIP</i>	<i>PUSH UP</i>
<i>JUMPING JACK</i>	<i>SQUAT</i>	<i>SQUAT</i>	<i>JUMPING JACK</i>	<i>JUMPING JACK</i>	<i>SQUAT</i>
<i>SKATERS</i>	<i>LUNGES</i>	<i>SKATERS</i>	<i>LUNGES</i>	<i>SKATERS</i>	<i>LUNGES</i>
<i>CURTSY SQUATS</i>	<i>PLANK TWIST</i>	<i>PLANK TWIST</i>	<i>CURTSY SQUATS</i>	<i>PLANK TWIST</i>	<i>CURTSY SQUATS</i>
<i>KNEE TOUCH</i>	<i>LEG TUCKS</i>	<i>KNEE TOUCH</i>	<i>LEG TUCKS</i>	<i>LEG TUCKS</i>	<i>KNEE TOUCH</i>
50":30" X 4 GIRI / REST 90"		50":40" X 4 GIRI / REST 75"		50":50" X 4 GIRI / REST 60"	

MICROCICLO 1: CONDITIONING