

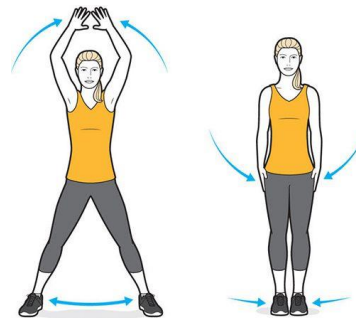
April Diary M^aEugenia Sánchez Muñoz 1ºX

Wednesday 1

10 min jumping rope
15 min jogging
25 min Tabata workout
2 min mountain climbers
2 min lunges
1 min Plank
5 min Stretching

Thursday 2

20 min jogging
20 min Full body workout
5 min arms exercises with 1kg weight
5 min crunches
5 min squats
5 min Stretching

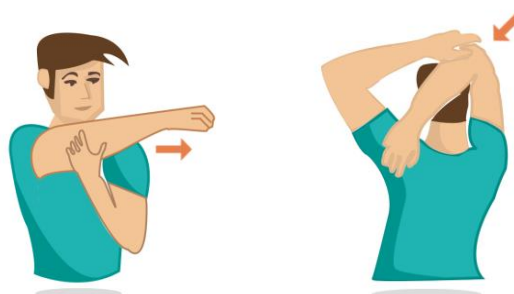


Friday 3

15 min jogging
15 min Batman workout
10 min arms exercises
10 min legs exercises
2 min push-ups
2 min lunges
1 min plank
5 min Stretching

Saturday 4

20 min Jogging
25 min Tabata Workout
10 min arms exercises
5 min Stretching



Sunday 5

- 15 min jogging
- 10 min legs exercises
- 15 min Batman workout
- 5 min crunches
- 5 min squats
- 5 min shoulder exercises
- 5 min stretching



Monday 6

- 15 min jogging
- 10 min legs exercises with an elastic band
- 15 min full body workout
- 10 min shoulder exercises with 1kg weight in each hand
- 5 min squats
- 5 min stretching

Tuesday 7

- 20 min jogging
- 20 min Full body workout
- 10 min arms exercises
- 5 min crunches
- 5 min stretching



Wednesday 8

- 10 min jumping rope
- 15 min jogging
- 25 min Tabata workout
- 2 min mountain climbers
- 2 min lunges
- 1 min Plank
- 5 min Stretching



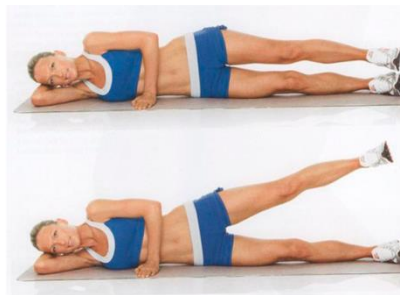
Thursday 9

20 min jogging
20 min Full body workout
5 min arms exercises with 1kg weight
5 min crunches
5 min squats
5 min Stretching



Friday 10

15 min jogging
15 min Batman workout
10 min arms exercises
10 min legs exercises
2 min push-ups
2 min lunges
1 min plank
5 min Stretching



Saturday 11

20 min Jogging
25 min Tabata Workout
10 min arms exercises
5 min Stretching

Sunday 12

15 min jogging
10 min legs exercises
15 min Batman workout
5 min crunches
5 min squats
5 min shoulder exercises
5 min stretching



Monday 13

15 min jogging

10 min legs exercises with an elastic band

15 min full body workout

10 min shoulder exercises with 1kg weight in each hand

5 min squats

5 min stretching

Tuesday 14

20 min jogging

20 min Full body workout

10 min arms exercises

5 min crunches

5 min stretching



Wednesday 15

10 min jumping rope

15 min jogging

25 min Tabata workout

2 min mountain climbers

2 min lunges

1 min Plank

5 min Stretching



Thursday 16

20 min jogging

20 min Full body workout

5 min arms exercises with 1kg weight

5 min crunches

5 min squats

5 min Stretching

Friday 17

15 min jogging
15 min Batman workout
10 min arms exercises
10 min legs exercises
2 min push-ups
2 min lunges
1 min plank
5 min Stretching



Saturday 18

20 min Jogging
25 min Tabata Workout
10 min arms exercises
5 min Stretching

Sunday 19

15 min jogging
10 min legs exercises
15 min Batman workout
5 min crunches
5 min squats
5 min shoulder exercises
5 min stretching



Monday 20

15 min jogging
10 min legs exercises with an elastic band
15 min full body workout
10 min shoulder exercises with 1kg weight in each hand
5 min squats
5 min stretching

Tuesday 21

20 min jogging
20 min Full body workout
10 min arms exercises
5 min crunches
5 min stretching

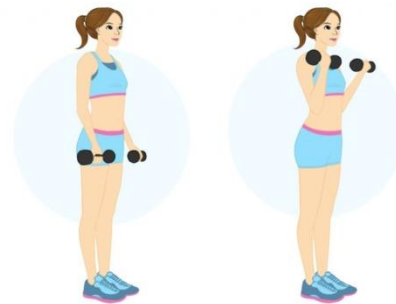


Wednesday 22

10 min jumping rope
15 min jogging
25 min Tabata workout
2 min mountain climbers
2 min lunges
1 min Plank
5 min Stretching

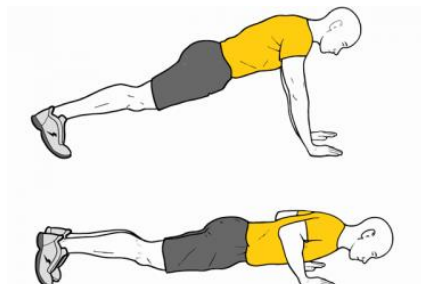
Thursday 23

20 min jogging
20 min Full body workout
5 min arms exercises with 1kg weight
5 min crunches
5 min squats
5 min Stretching



Friday 24

15 min jogging
15 min Batman workout
10 min arms exercises
10 min legs exercises
2 min push-ups
2 min lunges
1 min plank
5 min Stretching



Saturday 25

20 min Jogging
25 min Tabata Workout
10 min arms exercises
5 min Stretching

Sunday 26

15 min jogging
10 min legs exercises
15 min Batman workout
5 min crunches
5 min squats
5 min shoulder exercises
5 min stretching

Monday 27

15 min jogging
10 min legs exercises with an elastic band
15 min full body workout
10 min shoulder exercises with 1kg weight in each hand
5 min squats
5 min stretching



Tuesday 28

20 min jogging
20 min Full body workout
10 min arms exercises
5 min crunches
5 min stretching

Wednesday 29

10 min jumping rope
15 min jogging
25 min Tabata workout
2 min mountain climbers
2 min lunges
1 min Plank
5 min Stretching



Thursday 30

20 min jogging

20 min Full body workout

5 min arms exercises with 1kg weight

5 min crunches

5 min squats

5 min Stretching

