

23 Monday 55 min

15 min Batman workout - 20 repetitions - 1 set

25 min Jogging with 1 kg weight

10 min Shoulder exercises (5 min with an elastic band, 5 min with 1 kg weight)

5 min Stretching exercises  / 

24 Tuesday 55 min

15 min Batman workout - 20 repetitions - 1 set

25 min Jogging with 1 kg weight  = 

10 min Shoulder exercises with 1 kg weight



5 min Stretching exercises  /  /  / 

25 Wednesday 55 min

15 min Batman workout with 1 kg weights - 20 repetitions - 1 set

20 min Jogging (Skipping, Contraskipping,  /  Arms up side-to-side arms)

15 min Shoulder exercises with 1 kg weight

5 min Stretching exercises  /  /  /  / 

26 Thursday 55 min

15 min Batman workout - 20 repetitions - 1 set. Exercises (1, 2, 3, 4, 5, 6, 7, 8, 6, 4, 9, 1).

25 min Jogging (5 min Skipping, 5 min Contraskipping) with 1 kg weight.

10 min shoulder exercises with 1 kg weight in each hand - 20 repetitions.



5 min Stretching exercises

27 Friday 1h

15 min Batman workout with 1 kg weight 

10 min Jumping rope

20 min Shoulder and Biceps Exercises - 25 repetitions in each hand - 2 sets with an elastic band   and with 1 kg weight  

10 min Legs exercises with an elastic band.



5 min Stretching exercises

28 Saturday 55 min

10 min Jumping rope  

15 min Jogging + 1 kg weight

15 min Full Body Workout:

lunges, push ups, mountain climbers, side lying left lifts, squats, (30 crunches, (1 minute plank), + triceps dips 20 repetitions

10 min Shoulder exercises with 1 kg weight



5 min Stretching

29 Sunday 55 min

20 min Jogging + 1 kg  = 

20 Full body workout: 50 squats, 20 push-ups, 1 min plank, 50 crunches, 20 lunges, 20 triceps dips, 50 squats, 10 push-ups, 20 crunches 1 set

10 min Shoulder exercises with an elastic band 

5 min Stretching  / 

- 30 Monday 1h
 15 min Jogging + 1kg   (Skipping + Contraskipping)
 25 min Tabata Workout → 20 seconds and rest 10 seconds  
 15 min Batman Workout (1. 2. 3. 4. 5. 6. 7. 1, 2. 8. 6. 4. 9. 1. Plank)
 5 min Stretching  / 

- 31 Tuesday 1h
 10 min Jumping rope
 15 min Jogging
 25 min Tabata workout   / 
 5 min Shoulder exercises with 1 kg weight.
 5 min Stretching  / 

- 1 Wednesday 1h
 20 min Jogging
 25 min Tabata Workout   / 
 10 min Shoulder exercises with an elastic band
 5 min Stretching  / 

- 2 Thursday 1h
 10 min Jogging
 25 min Tabata Workout   / 
 15 min Shoulder and Biceps exercises - 20 repetitions in each hand,
 elastic band 1 kg weight 2 sets
 5 min crunches  / 
 5 min Stretching

- 3 Friday 1h
 15 min Jogging
 25 min Tabata Workout   / 
 15 min Batman Workout   / 
 5 min Stretching

Saturday

Sunday