

May Diary M^aEugenia Sánchez Muñoz 1ºX

Friday 1

15 min Running
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



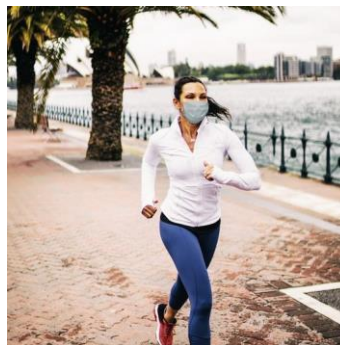
Saturday 2

15 min Running
25 min Tabata Workout
10 min arms exercises
2 min lunges
2 min push- ups
1 mi plank
5 min Stretching



Sunday 3

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

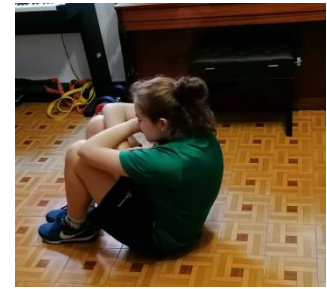


Monday 4

15 min Running
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 5

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



Wednesday 6

5 min jumping rope
20 min Running
25 min Tabata workout
2 min mountain climbers
2 min lunges
1 min Plank
5 min Stretching



Thursday 7

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



Friday 8

25 min Running
15 min Batman workout
10 min arms exercises
5 min legs exercises
5 min Stretching



Saturday 9

25 min Running
25 min Tabata Workout
5 min arms exercises
5 min Stretching

Sunday 10

25 min Running
10 min legs exercises
5 min arms exercises
15 min Batman workout
5 min stretching



Monday 11

30 min Running
5 min arms exercises with an elastic band
15 min Full body workout
5 min shoulder exercises with 1kg weight in each hand
5 min stretching

Tuesday 12

30 min Running
20 min Full body workout
5 min arms exercises
5 min stretching



Wednesday 13

5 min jumping rope
25 min Running
25 min Tabata workout
5 min Stretching

Thursday 14

30 min Running
20 min Full body workout
5 min squats
5 min Stretching



Friday 15

35 min Running
15 min Batman workout
5 min legs exercises
5 min Stretching

Saturday 16

30 min Running
25 min Tabata Workout
5 min Stretching



Sunday 17

35 min Running
5 min legs exercises
15 min Batman workout
5 min stretching

Monday 18

35 min Running
15 min Full body workout
5 min shoulder exercises with 1kg weight in each hand
5 min stretching

Tuesday 19

35 min Running
15 min Batman workout
5 min arms exercises
5 min stretching



Wednesday 20

5 min jumping rope
35 min Running
15 min Full body workout
5 min Stretching

Thursday 21

40 min Running
5 min legs exercises
10 min arms exercises with 1kg weight
5 min Stretching



Friday 22

40 min Running
15 min Batman workout
5 min Stretching

Saturday 23

45 min Running
5 min arms exercises
5 min legs exercises
5 min Stretching

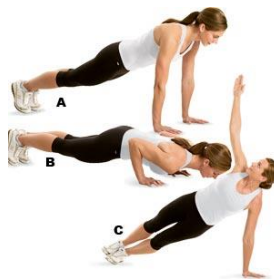


Sunday 24

45 min Running
10 min legs exercises
5 min stretching

Monday 25

40 min Running
15 min Full body workout
5 min stretching



Tuesday 26

40 min Running
15 min Batman workout
5 min stretching

Wednesday 27

5 min jumping rope
35 min Running
15 mi Full Body workout
5 min Stretching



Thursday 28

40 min Running
10 min arms exercises with 1kg weight
5 min crunches
5 min Stretching



Friday 29

40 min Running

15 min Batman workout

5 min Stretching

Saturday 30

45 min Running

5 legs exercises

5 min arms exercises

5 min Stretching



Sunday 31

45 min Running

5 min legs exercises

5 min crunches

5 min stretching

