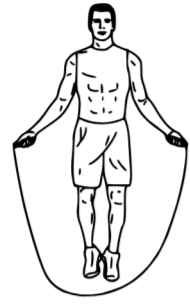


Workout Routine

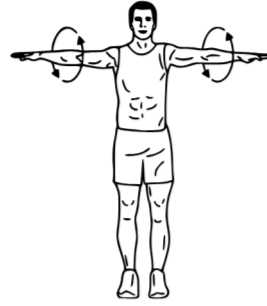
Part I - Warm Up



A1 - Jump the Rope



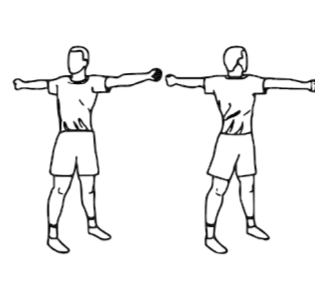
A2 - Shoulder Rotations



A3 - Arm Raises



A4 - Torso Rotations



A5 - Chest Expansions



A6 - Neck Rotations



A7 - Hip Rotations - Left



A8 - Hip Rotations - Right



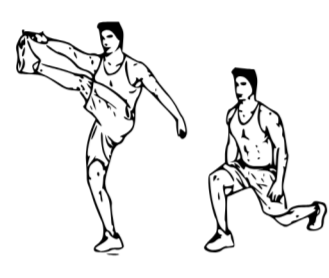
A9 - Reverse Hip Rotations - Left



A10 - Reverse Hip Rotations - Right



A11 - Front Leg Raises - Left



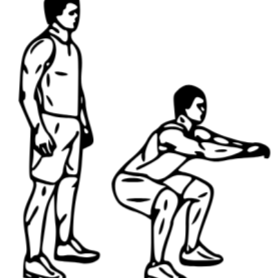
A12 Front Leg Raises - Right



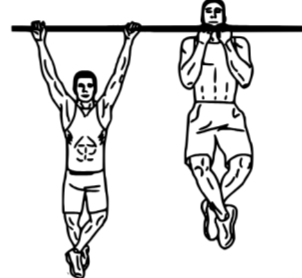
Part II - Calisthenics



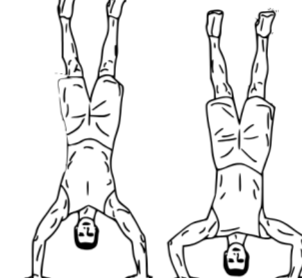
B1 - Squats



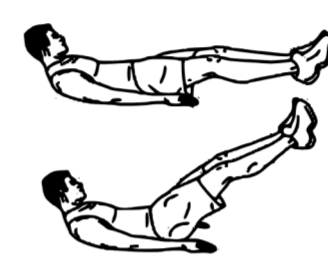
B02 - Chin Ups



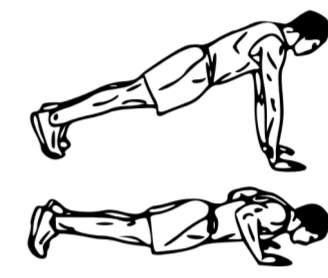
B03 - Handstand Push Ups



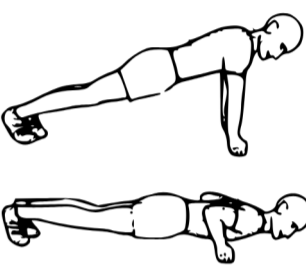
B04 - Leg Raises



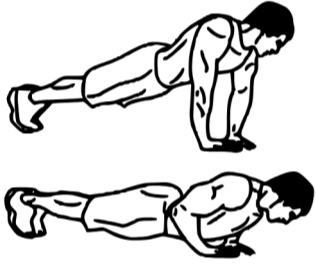
B05 Push Ups - Finger Hold



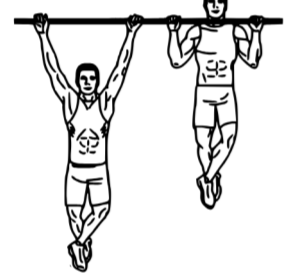
B06 - Push Ups - Closed Fist



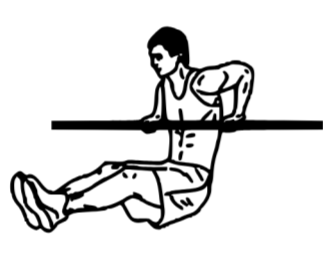
B07 - Push Ups - Diamond



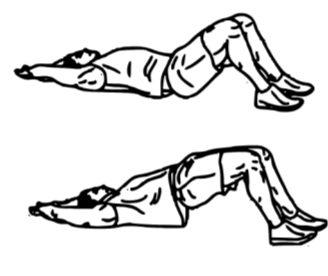
B08 - Pull Ups



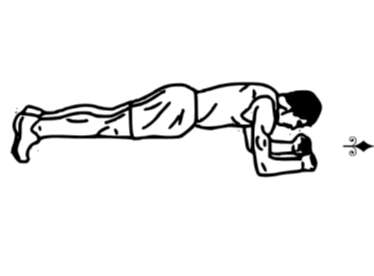
B09 - Dips



B10 - Pelvis Elevation



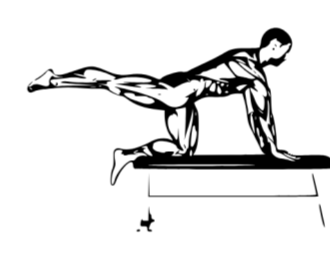
B11 - Horizontal Plank



B12 & B13 - Lateral Planks



B14 - Glute Kickback



Part III - Stretching



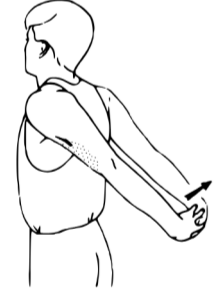
C1 - Neck Benders



C2 - Neck Rotators



C3 - Arms Biceps



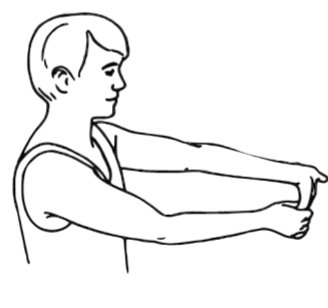
C4 - Arms Triceps



C5 - Arms Wrist Flexors - Left



C6 - Arms Wrist Flexors - Right



C7 - Neck Trapezius - Left



C8 - Neck Trapezius - Right



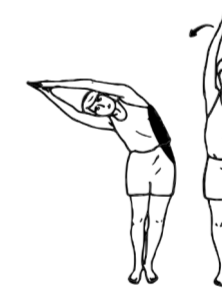
C9 - Shoulders Deltoid/Rhomboids - Right



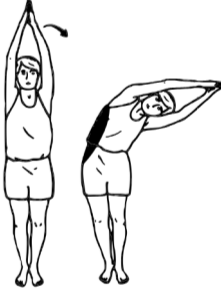
C10 - Shoulders Deltoid/Rhomboids - Left



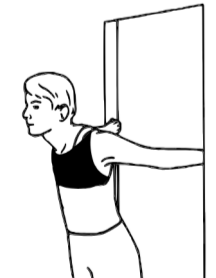
C11 - Core Olique/Intercostals - Right



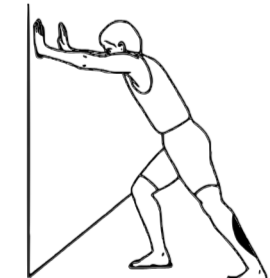
C12 - Core Olique/Intercostals - Left



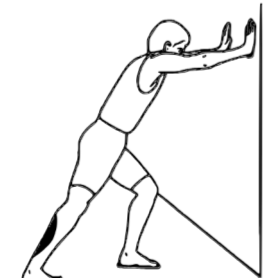
C13 - Chest Pecs



C14 - Legs Calves - Right



C15 - Legs Calves - Left



C16 - Legs Achilles/Soleus - Right



C17 - Legs Achilles/Soleus - Left



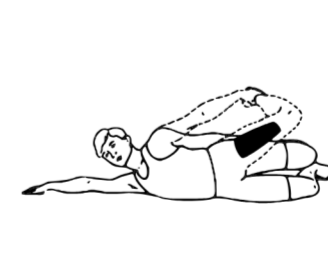
C18 - Hip Abductors - Right



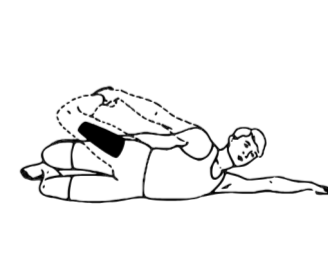
C19 - Hip Abductors - Left



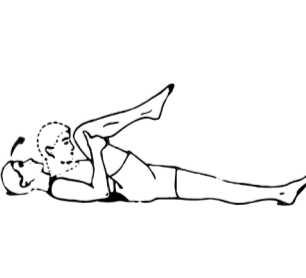
C20 Legs Quadriceps - Right



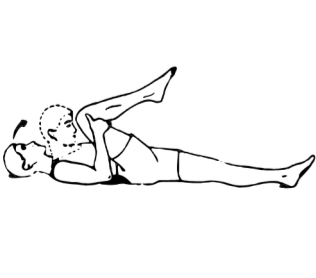
C21 - Legs Quadriceps - Left



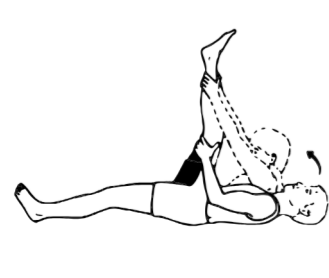
22 - Back Lumbar Extensors - Right



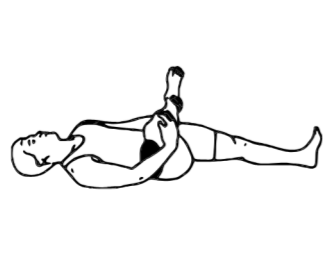
C23 - Back Lumbar Extensors - Left



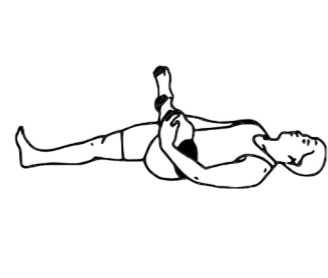
C24 - Legs Hamstrings



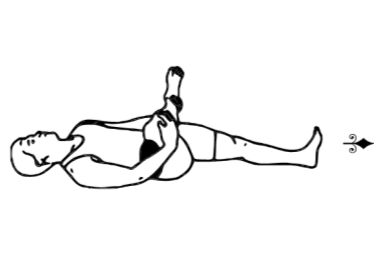
C25 - Hip Internal Rotators - Right



C25 - Hip Internal Rotators - Left



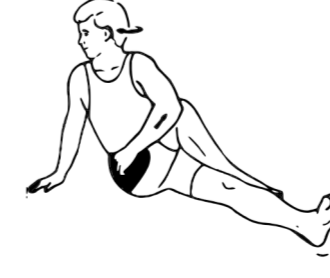
C27 - Legs Groin



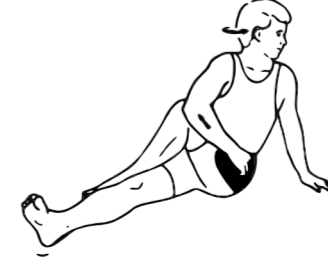
C28 - Legs Adductors/Groin



29 - Hip External Rotators - Left



29 - Hip External Rotators - Right



C31 - Neck on Wall



Wim Hof Breathing Method

