YOU WANNA BE LIKE...



OR LIKE...



HERE IS YOUR CHANCE!

IMPORTANT DETAILS ABOUT EXERCISES

warm up the whole body before the training
wear warm clothes, so you keep your muscles warm
do the exercises on a hard surface (yoga mat)
every exercise must last between 40-60 seconds
be focused on the exercise you are doing
relax your body and breathing during the exercises
training lasts from 45 minutes to 1 hour
keep your legs fully stretched all the time!
music background is optional (TV not allowed!)

DO THE EXERCISES EVERY DAY AND THE PROGRESS IS GUARANTEED!



LEGS EXERCISES

















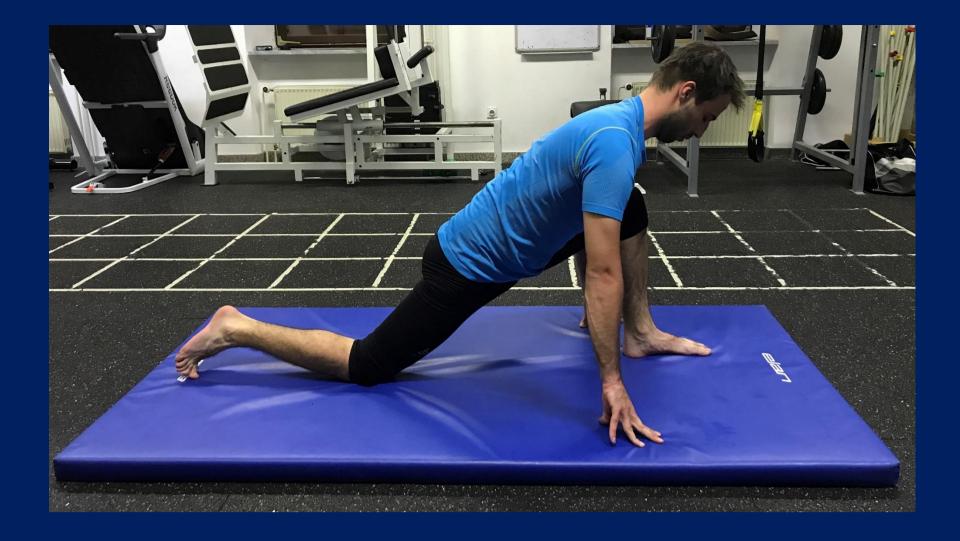












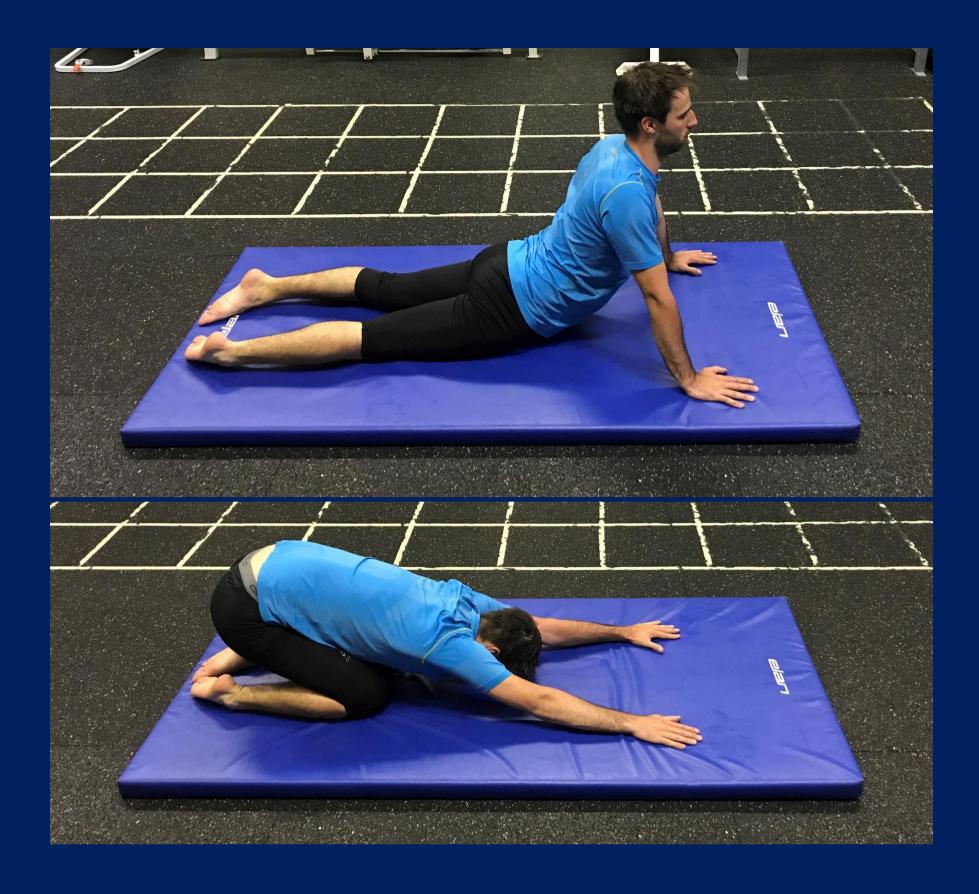




BACK AND HIPS EXERCISES











ANKLES EXERCISES









UPPER BODY EXERCISES

