|  |  |  |  |
| --- | --- | --- | --- |
| ACTIVITY | EXPLICATION | DURATION | MATERIAL |
| Abs | Classic abs  Lying on the floor. We rise and low slowly with our hands in the neck. We let the air go up. | x10 | Mat |
| Abs | Same as before but every time when we go up we stand up 3’’ | x15 | Mat |
| Abs | Lying on the floor. Right(left) elbow touches left (right) knee. We keep our right (left) leg straight. | x25 | Mat |
| Abs (inferiors) | Lying on the floor. We keep our legs in 90º position and we took our legs to the belly. | x15 | Mat |
| Abs (inferiors) | Lying on the floor. We cross our legs keeping they straight upwards and we raise them. | x15 | Mat |
| Abs | Push up position. We go down-down and up-up with our arms. | x10 | Mat |
| Abs | Classic abs position. We up, turn to the right, center, low, up, turn to the left, center, low. | x20 | Mat |
| Abs | Classic abs position. We touch our heels | x20 | Mat |
| Abs | Lying on the floor. We keep our legs straight and up and we open and close our legs. | x20 | Mat |
| Plank | Planch position during x time | 1' | Mat |
| Plank | Planch position. We move up and down our left leg. | x20 | Mat |
| Plank | Planch position. We move up and down our right leg. | x20 | Mat |
| Buttocks exercises | Lying on the floor with my legs bent and I go up and down the pelvis. | x15 | Mat |
|  | Same but in 2 times | x15 | Mat |
|  | Now we stay up | 30’’ | Mat |
| Buttocks exercises | Lying on the floor sideways. We up and down our right leg. | x15 | Mat |
|  | Same but in 2 times. | x10 | Mat |
|  | We took our knee to the chest. | x10 | Mat |
|  | We “kick” forward | x10 | Mat |
| Buttocks exercises | Lying on the floor sideways. We up and down our left leg. | x15 | Mat |
|  | Same but in 2 times. | x10 | Mat |
|  | We took our knee to the chest. | x10 | Mat |
|  | We kick” forward | x10 | Mat |
| Buttocks exercises | Dog position. We raise the right leg keeping in 90º | x10 | Mat |
|  | Dog position. We raise the left leg keeping in 90º | x10 | Mat |
| Squat | Classic squats | x10 |  |
|  | Same but when we are down we touch the floor with our hands | x10 |  |
| Dumbbell split squat |  | x10  with each leg |  |
| Stretching |  |  |  |