

## BODY WORKOUT

You can do it at home or anywhere else.

Sets, and reps and intense are individual. Please adjust according to your fitness goal.  
Rest and brake is according to your needs and fitness goals.

THIS IS NOT FOR EVERYONE. I don't guarantee for your health and results performing this workout.

This is just to help you out to:

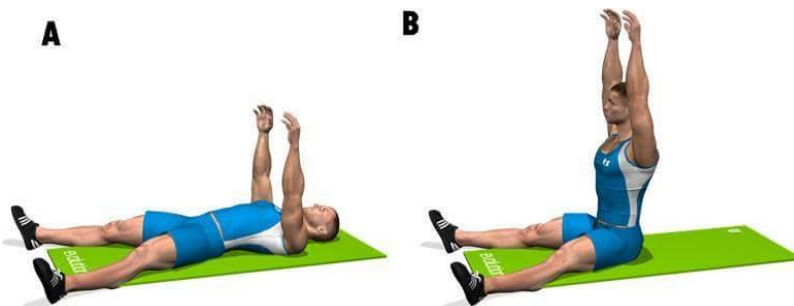
- maintain healthy way of living
- be functional
- live and move better in every day living
- learn your body.

**This workout is adjustable for males and females and it is good for any age.**

### 1. Walking launges.



### 2. sit ups with straight arms



3. push ups. Arms next to your body



4. seizers for core



FB/FitnessLovrs

5. triceps deeps



6. crunch with straight arms



FB/FitnessLovers

7. squats until 90° angle. Don't go deeper if you cant



8. military planks 40sec. 4 SETA



