

# WARM UP / GENERAL PHYSICAL PREPARATION

Monday	Tuesday	Wednesday	Thursday	Friday
30 minutes Run	20 minutes Run	30 minutes Run	20 minutes Run	30 minutes Run
5 minutes Joint Mobility	5 minutes Joint Mobility	5 minutes Joint Mobility	5 minutes Joint Mobility	5 minutes Joint Mobility
5 minutes Stretching	5 minutes Stretching	5 minutes Stretching	5 minutes Stretching	5 minutes Stretching
20 minutes General Workout	20 minutes General Workout	20 minutes General Workout	20 minutes General Workout	20 minutes General Workout
10 minutes Stretching	10 minutes Stretching	10 minutes Stretching	10 minutes Stretching	10 minutes Stretching

## Notes:

- Avoid rest breaks between each part.
- Joint Mobility and first Stretching is meant to be done gently in order to get ready for workout.
- Rhythm of the exercises during workout is the **minimum** speed to follow.
- Last stretching is to repeat the first 5 minutes this time going forcing flexibility and holding longer.

## Video Link:

