Workout Routine
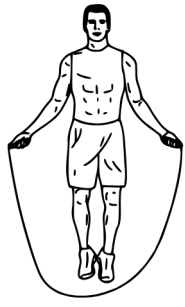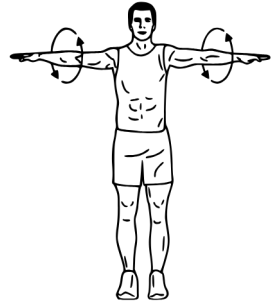
Part I - Warm Up

A1 - Jump the Rope
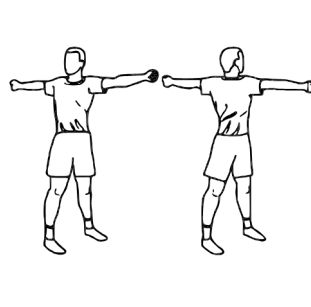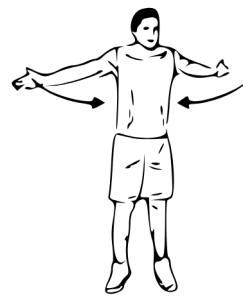
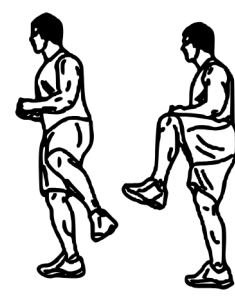A2 - Shoulder Rotations

A3 - Arm Raises
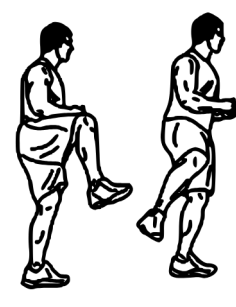
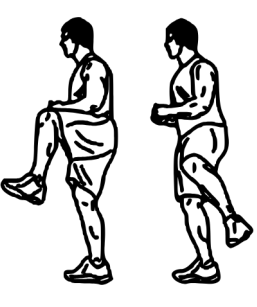A4 - Torso Rotations

A5 - Chest Expansions

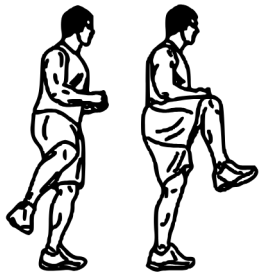A6 - Neck Rotations

A7 - Hip Rotations - Left
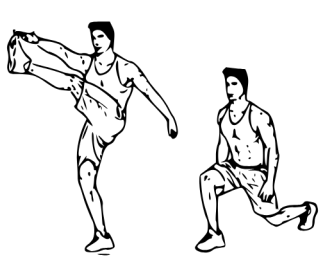
A8 - Hip Rotations - Right
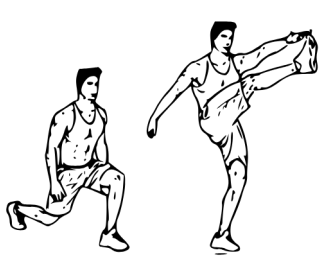
A9 - Reverse Hip Rotations - Left

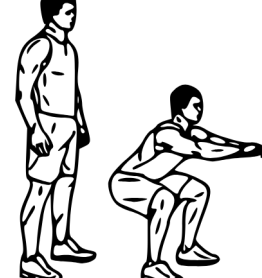A10 - Reverse Hip Rotations - Right

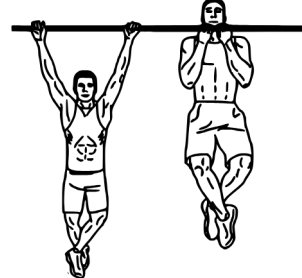A11 - Front Leg Raises - Left
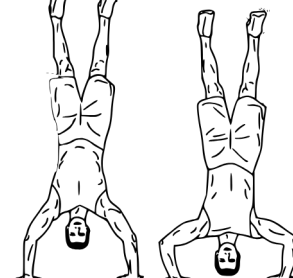
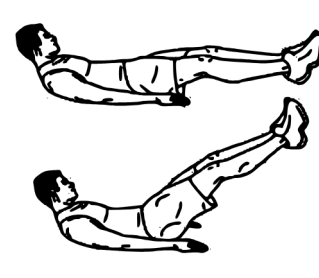A12 Front Leg Raises - Right

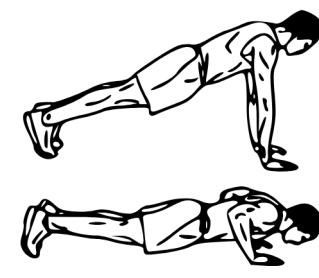Part II - Calisthenics

B1 - Squats

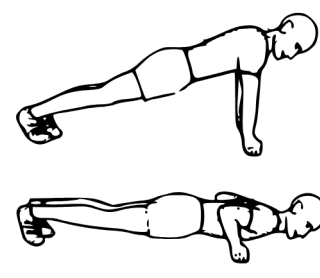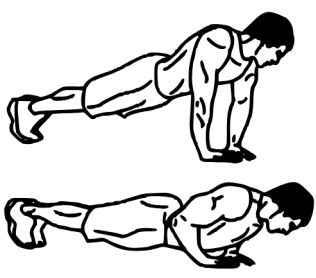B02 - Chin Ups

B03 - Handstand Push Ups
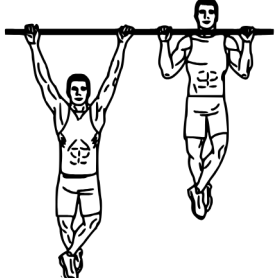
B04 - Leg Raises

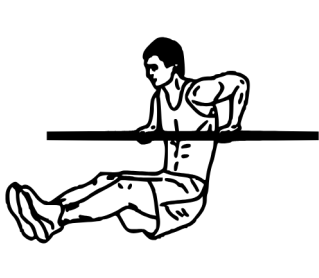B05 Push Ups - Finger Hold

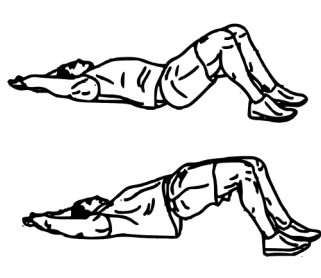B06 - Push Ups - Closed Fist
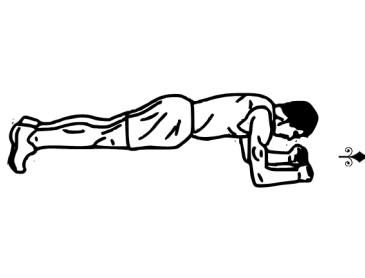
B07 - Push Ups - Diamond
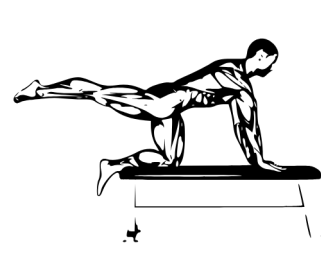
B08 - Pull Ups

B09 - Dips

B10 - Pelvis Elevation

B11 - Horizontal Plank

B12 & B13 - Lateral Planks
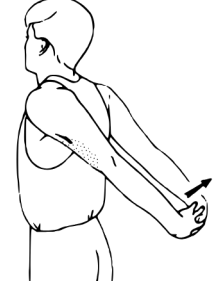
B14 - Glute Kickback

Part III - Streching

C1 - Neck Benders
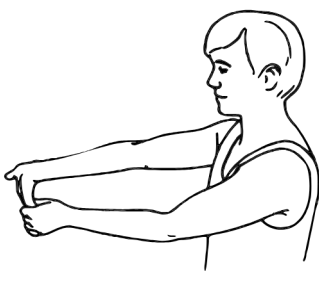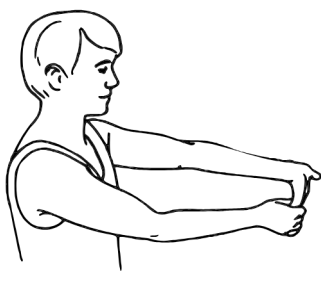
C2 - Neck Rotators

C3 - Arms Biceps

C4 - Arms Triceps

C5 - Arms Wrist Flexors - Left

C6 - Arms Wrist Flexors - Right

C7 - Neck Trapezius - Left
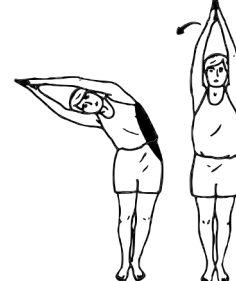
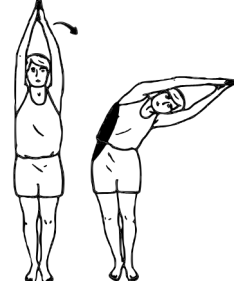C8 - Neck Trapezius - Right

C9 - Shouders Deltoid/Rhomboids - Right
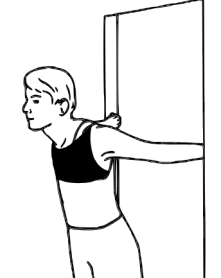
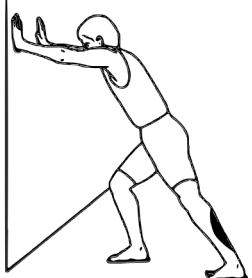C10 - Shoulders Deltoid/Rhomboids - Left

C11 - Core Clique/Intercostals - Right
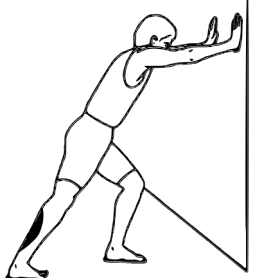
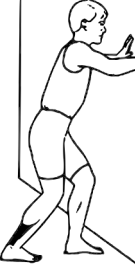C12 - Core Clique/Intercostals - Left

C13 - Chest Pecs
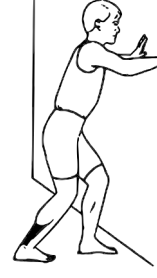
C14 - Legs Calves - Right

C15 - Legs Calves - Left

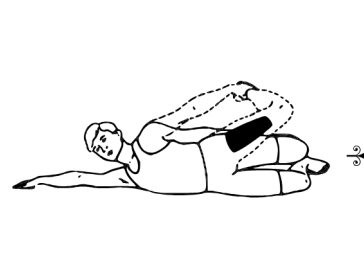C16 - Legs Achilles/Soleus - Right

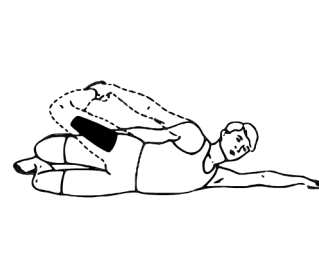C17 - Legs Achilles/Soleus - Left

C18 - Hip Abductors - Right
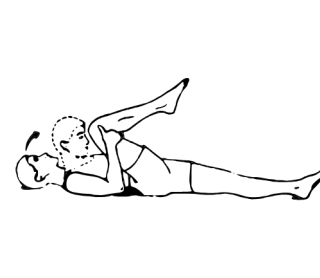
C19 - Hip Abductors - Left
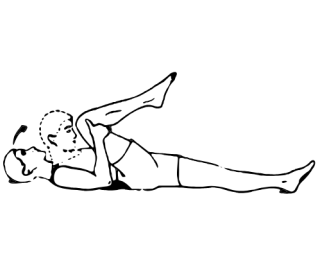
C20 Legs Quadriceps - Right
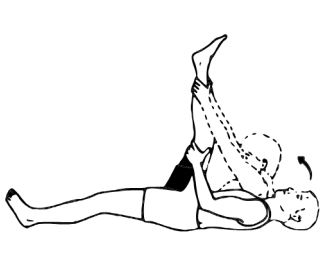
C21 - Legs Quadriceps - Left
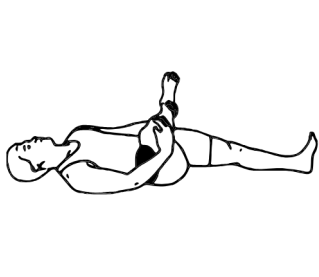
22 - Back Lumbar Extensors - Right
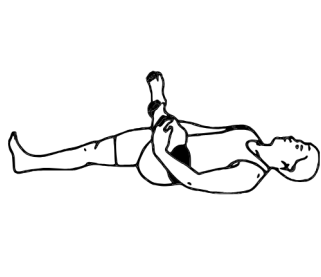
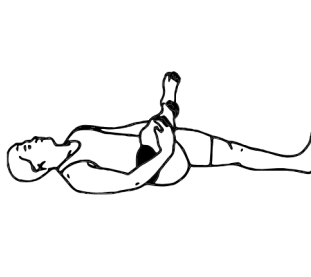C23 - Back Lumbar Extensors - Left

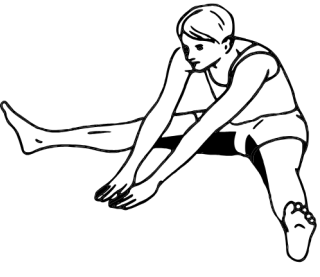C24 - Legs Hamstrings

C25 - Hip Internal Rotators - Right

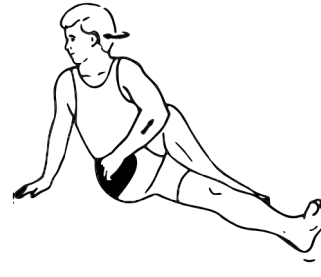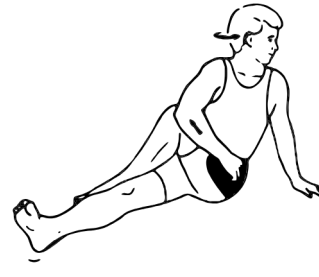C25 - Hip Internal Rotators - Left

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