YOUR AVERAGE DAYS OF WORKING OUT A WEEK IS FROM 2 TO 3 DAYS A WEEK HOWEVER YOU CAN DO 30 MINUTES OF PHYSICAL ACTIVITY PER DAY IN ORDER TO MAINTAIN GOOD HEALTH.WORKING OUT 30 MINUTES A DAY MIGHT AS WELL BURN MORE CALORIES THAN YOU THINK.

THERE ARE DIFFERENT TYPES OF COMMON WORKOUTS SUCH AS STRENGHTH TRAINING, STRECHING BALANCE EXERCISE AND CARDIO.

STRENGTH TRAINING: TYPE OF PHYSICAL EXERCISE FOCUSI NG IN THE USE OF RESISTTANCE IN ORDER TO INCLUDE MUSCULAR CONTRACTION, BUILDS THE STRENGHT, ANAEROBIC ENDURANCE AND SIZE OF SKELETAL MUSCLES ,LOWER RISK OF INJURY ( YOU CAN LIFT WEIGHTS OR USE A RISISTANCE BAND OR USING WEIGHT MACHINES AT THE GYM OR EVEN USING YOUR BODY WEIGHT )

STRECHING: FORM OF PHYSICAL EXERCISE THE SAME MUSCLE GROUP SHOULDNT BE STRENTGTH TRAINED MORE THAN TWICE A WEEK OR TWO DAYS IN A ROW, LEAVING AT LEAST 48 HOURS BETWEEN EACH “SAME MUSCLE GRP WORKOUT”

BALANCE EXERCISE: A VARIETY OF EXERCISES TO KEEP THE BODY FIT AND HEALTHY AND TO KEEP YOUR PHYSICAL ROUTINE EXCITING.

CARDIO: AN EXERCISE THAT RAISES YOUR HEART RATE RESULTING TO LOSING BODY FAT. THIS MOVEMENT MAKES YOUR MUSCLES STRONGER, STRONGER MUSCLES PRODUCE AN OVER ALL HEALTHY BODY.

MY SUGGESTION FOR YOU TO DO 30 MINS CARDIO THEN 30 MINS STRENGTH THEN 10 0R 5 MINS STRETCHING AND YOU CAN DO EXTRA BALANCING WORKOUT

STRENGTH: SECOND

1-ABDOMENAL LEG RAISE (4 SETS 25 REPS REST 90 SECS)

2- SQUAT (5 SETS 10 REPS REST 60-90 SECS)

3- HEEL-RAISE (4 SETS 25 REPS REST 50 SECS)

4-LUNGE ( 3 SETS 10 REPS REST 30 SECS)

5-SET-UPS ( 4 SETS 25 REPS REST 90 SECS)

6- ARM CURL(3 SETS 10 REPS REST 60 SEC)

7-SHOULDER PRESS (2 SETS 10 REPS REST 60 SEC)

STRECHING:THIRD

\*INSERT PICTURES\*

BALANCE EXERCISE:EXTRA

1-STANDING ON ONE FOOT

2-WALK HEEL TO TOE

3-DOING YOGA & PILATES

CARDIO:FIRST

1. RUNNING
2. BURPEES
3. JUMP ROPE
4. RUNNING THE STAIRS

YOU CAN ALSO DO CARDIO BY TRAINING SPORTS AT THE CLUB SUCH AS:

1. FOOTBALL
2. VOLLEYBALL
3. KICKBOXING
4. SWIMMING
5. KARATE
6. ZUMBA

…. ETC

DON’T FORGET TO WEAR RUNNING SHOES TO FEEL COMFORTABLE WHILE YOU ARE PLAYING