



## Training Plan Day 1

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### Warm-Up

2 minutes Ankle Rocking with Arm Circles  
[V01]

3 minutes light Jogging in place [V02]

10 light Lunges [V03]

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### Exercise Block 1

Tabata 1: each exercise 6 times  
20s intensity / 20s rest = 8 minutes

A: Jumping Jack [V09]

B: Frontal Mountain Climber [V10]

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### Exercise Block 2

Tabata 2: each exercise 6 times  
20s intensity / 20s rest = 8 minutes

A: Shadowboxing [V06]

B: High Knees [V05]

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### Cool-Down

Relaxation Circuit [V27]

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## Training Plan Day 2

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### Warm-Up

2 minutes High Knees with Arm Circles  
[V12]

3 minutes light Skating in place [V13]

20 light Squats [V14]

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### Exercise Block 1

Tabata 1: each exercise 6 times  
20s intensity / 20s rest = 8 minutes

A: Push-up to Stand [V04]

B: High Knees [V05]

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### Exercise Block 2

Tabata 2: each exercise 6 times  
20s intensity / 20s rest = 8 minutes

A: Tappings [V18]

B: Russian Twist [V19]

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### Cool-Down

Relaxation Circuit [V27]

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## Training Plan Day 3

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	2 minutes Side Steps with Arm Extensions (arms twice as fast as legs) [V20]
Warm-Up	3 minutes light Jumping Rope without a rope [V21]  20 light Jumping Jacks [V09]
Exercise Block 1	Tabata 1: each exercise 6 times 20s intensity / 20s rest = 8 minutes  A: Squat Jumps [V23] B: Side-to-Side Mountain Climber [V24]
Exercise Block 2	Tabata 2: each exercise 6 times 20s intensity / 20s rest = 8 minutes  A: Jump Squats [V25] B: Plank [V26]
Cool-Down	Relaxation Circuit [V27]

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