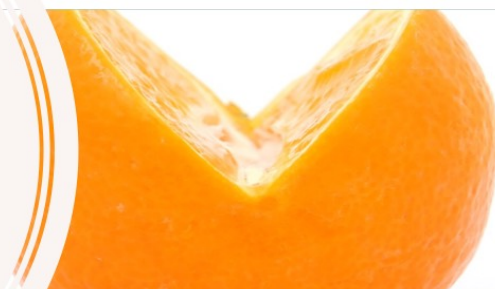


CONSTRUYE UN HÁBITO DE
MOVER TODO TU CUERPO



FITNESS ORANGE MIND CHALLENGE



30 DÍAS



Video explicativo Naranjito I

<https://youtu.be/W0rywty2K6Q>

Video explicativo Naranjito II

<https://youtu.be/gqrOyFkiNEk>

30x ORANGE MIND CHALLENGE

Day 1		Day 2		Day 3		Day 4		Day 5		Day 6	
BURPEES	1	TUMBO Y LEVANTO	1	BURPEES	2	TUMBO Y LEVANTO	2	BURPEES	3	Resting Day	
PUSH UPS	2	BENT ROW	2	PUSH UPS	4	BENT ROW	4	PUSH UPS	6		
HIP RAISES	3	F.D. DOG + COBRA	3	HIP RAISES	6	F.D. DOG + COBRA	6	HIP RAISES	9		
LUNGES	4	SQUAT	4	LUNGES	8	SQUAT	8	LUNGES	12		
CRUNCHES	5	LEG RAISES	5	CRUNCHES	10	LEG RAISES	10	CRUNCHES	15		
Day 7		Day 8		Day 9		Day 10		Day 11		Day 12	
TUMBO Y LEVANTO	3	BURPEES	4	TUMBO Y LEVANTO	4	BURPEES	5	TUMBO Y LEVANTO	5	Resting Day	
BENT ROW	6	PUSH UPS	8	BENT ROW	8	PUSH UPS	10	BENT ROW	10		
F.D. DOG + COBRA	9	HIP RAISES	12	F.D. DOG + COBRA	12	HIP RAISES	15	F.D. DOG + COBRA	15		
SQUAT	12	LUNGES	16	SQUAT	16	LUNGES	20	SQUAT	20		
LEG RAISES	15	CRUNCHES	20	LEG RAISES	20	CRUNCHES	25	LEG RAISES	25		
Day 13		Day 14		Day 15		Day 16		Day 17		Day 18	
BURPEES	6	TUMBO Y LEVANTO	6	BURPEES	7	TUMBO Y LEVANTO	7	BURPEES	8	Resting Day	
PUSH UPS	12	BENT ROW	12	PUSH UPS	14	BENT ROW	14	PUSH UPS	16		
HIP RAISES	18	F.D. DOG + COBRA	18	HIP RAISES	21	F.D. DOG + COBRA	21	HIP RAISES	24		
LUNGES	24	SQUAT	24	LUNGES	28	SQUAT	28	LUNGES	32		
CRUNCHES	30	LEG RAISES	30	CRUNCHES	35	LEG RAISES	35	CRUNCHES	40		

Day 19		Day 20		Day 21		Day 22		Day 23		Day 24	
TUMBO Y LEVANTO	8	BURPEES	9	TUMBO Y LEVANTO	9	BURPEES	10	TUMBO Y LEVANTO	10	Resting Day	
BENT ROW	16	PUSH UPS	18	BENT ROW	18	PUSH UPS	20	BENT ROW	20		
F.D. DOG + COBRA	24	HIP RAISES	27	F.D. DOG + COBRA	27	HIP RAISES	30	F.D. DOG + COBRA	30		
SQUAT	32	LUNGES	36	SQUAT	36	LUNGES	40	SQUAT	40		
LEG RAISES	40	CRUNCHES	45	LEG RAISES	45	CRUNCHES	50	LEG RAISES	50		
Day 25		Day 26		Day 27		Day 28		Day 29		Day 30	
BURPEES	11	TUMBO Y LEVANTO	11	BURPEES	12	TUMBO Y LEVANTO	12	BURPEES	13	TUMBO Y LEVANTO	13
PUSH UPS	22	BENT ROW	22	PUSH UPS	24	BENT ROW	24	PUSH UPS	26	BENT ROW	26
HIP RAISES	33	F.D. DOG + COBRA	33	HIP RAISES	36	F.D. DOG + COBRA	36	HIP RAISES	39	F.D. DOG + COBRA	39
LUNGES	44	SQUAT	44	LUNGES	48	SQUAT	48	LUNGES	52	SQUAT	52
CRUNCHES	55	LEG RAISES	55	CRUNCHES	60	LEG RAISES	60	CRUNCHES	65	LEG RAISES	65
<p>Video explicativo Naranjito I</p> <p>https://youtu.be/W0rywty2K6Q</p> <p>Video explicativo Naranjito II</p> <p>https://youtu.be/qqrOyFkiNEk</p>				Day 27 NO REST		Day 28 NO REST		Day 29 NO REST		Day 30 NO REST	
				BURPEES	14	TUMBO Y LEVANTO	14	BURPEES	15	TUMBO Y LEVANTO	15
				PUSH UPS	28	BENT ROW	28	PUSH UPS	30	BENT ROW	30
				HIP RAISES	42	F.D. DOG + COBRA	42	HIP RAISES	45	F.D. DOG + COBRA	45
				LUNGES	56	SQUAT	56	LUNGES	60	SQUAT	60
				CRUNCHES	70	LEG RAISES	70	CRUNCHES	75	LEG RAISES	75

Video explicativo Naranjito I

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Video explicativo Naranjito II

<https://youtu.be/ggrOyFkiNEk>