



EXERCISE CHART INCLUDED



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fitness

Exercise Mat

COLCHONETA DE EJERCICIOS

Perfect for at home and on the go

- Top of mat is textured for comfort
- Bottom of mat has an anti-slip coating
- Washable, durable surface
- Great for stretching and floor exercises
- Rolls up for storage or travel with the included stretch band

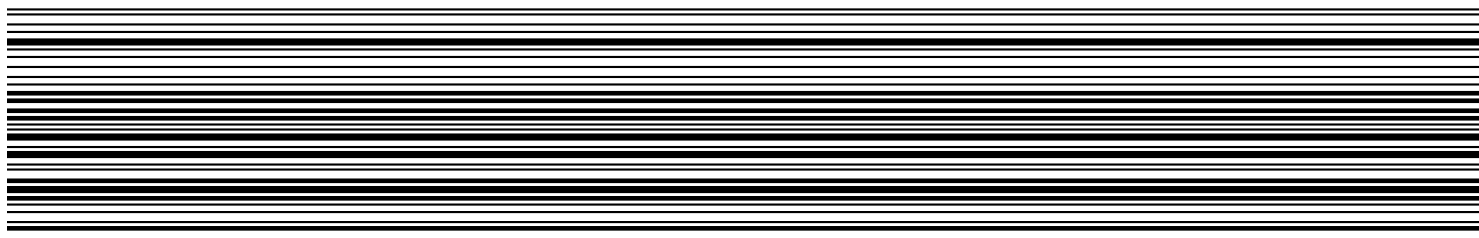


SIZE:
6 ft. x 2.3 ft x 10 mm
(183 x 70 x 1 cm)



4088500228748 · 02/2020 · 99657

Made in Hungary
DIST. & SOLD EXCLUSIVELY BY:
ALDI
BATAVIA, IL 60510



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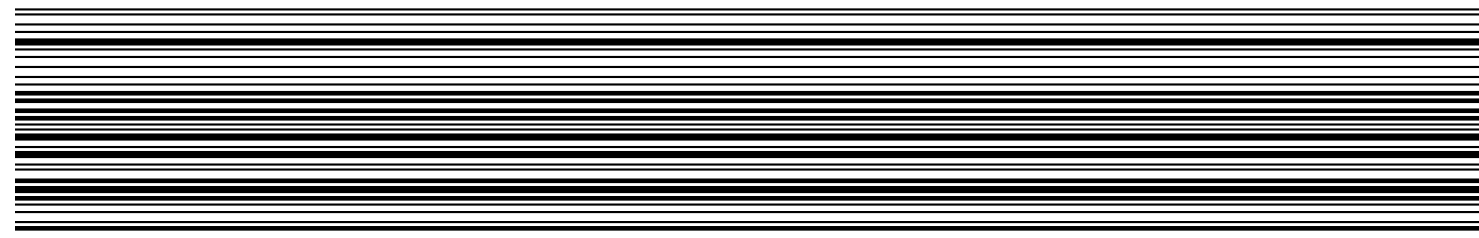


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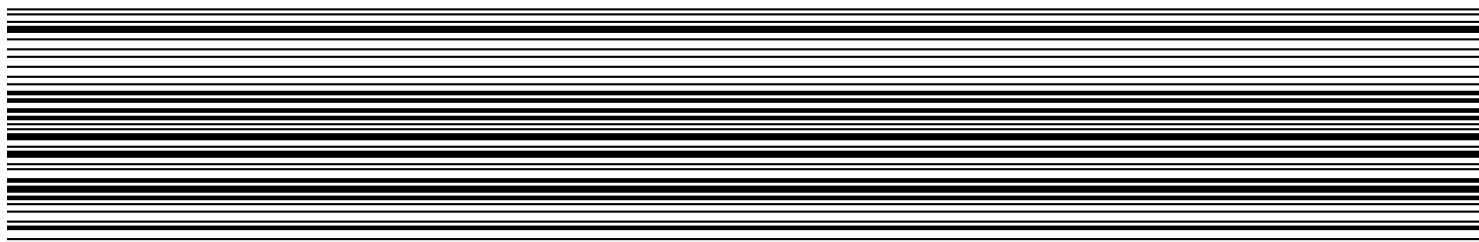


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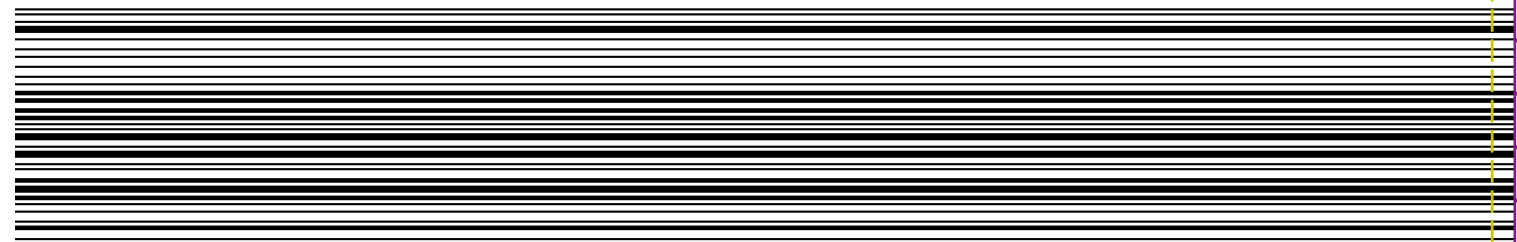


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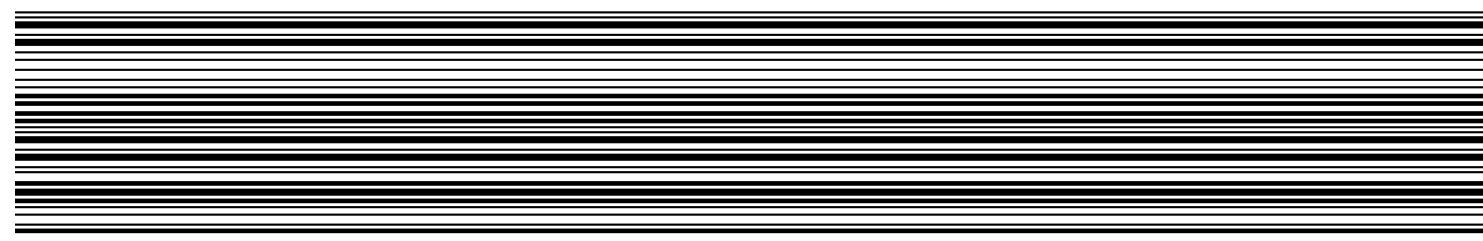


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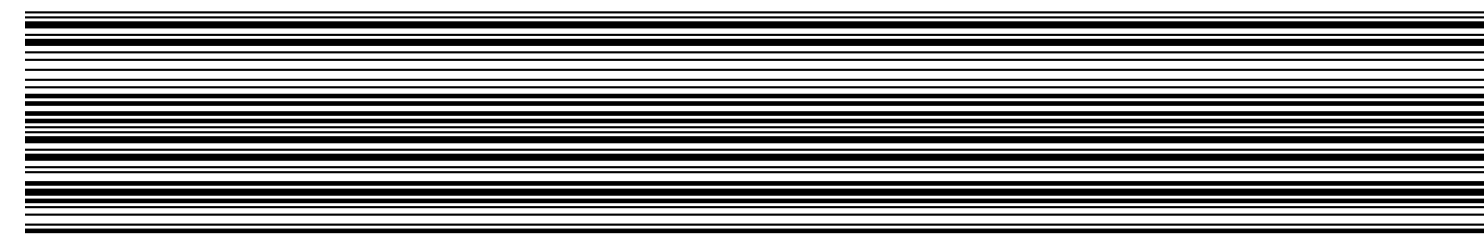


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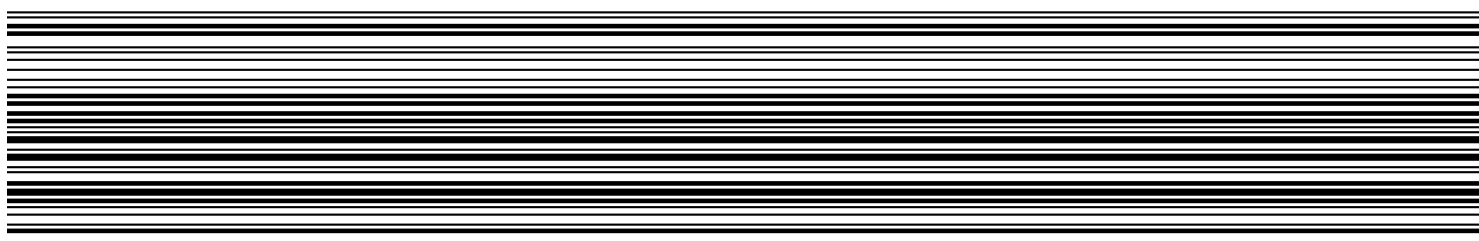


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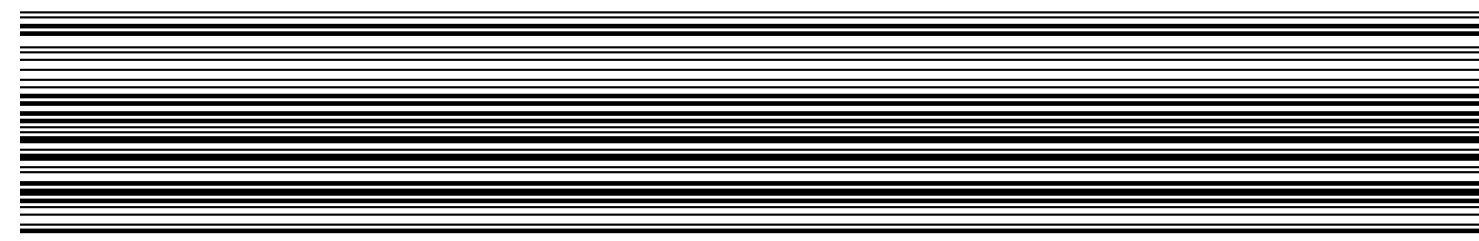


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WHOLE-BODY PROGRAM
Make sure to take breaks as needed. Don't forget regular breathing in and out.

PROGRAMA DE CUERPO COMPLETO
Asegúrese de descansar entre cada serie para relajarse. No olvide respirar y exhalar como corresponde.



Warm-up:
Running with arm variations
To warm up, start with easy jogging in place. Vary this by swinging your arms alternately, letting your arms move in a circular motion to your running rhythm or punch them forward.
TIEMPO: 3 - 5 minutes
INTENSIDAD: Low. You should not get out of breath.

Calentamiento:
Correr con variaciones de brazos
Para calentar, comience con un trote en el lugar. Mueva los brazos hacia arriba y abajo, uno a la vez, en movimiento circular al ritmo del trote, o bien, haga golpes hacia adelante.
TIEMPO: 3 a 5 minutos
INTENSIDAD: Baja. No debe agotarse



Stretch:
Front of thigh
Lying on your side, bend your bottom leg, hip and knee joint so they are at right angles. Hold the foot of your top leg and pull your leg back towards your bottom until you feel a stretch in the thigh. Tense your abdominal muscles to stop your back from arching.
TIEMPO: 3 x 20 - 30 seconds
INTENSIDAD: Gentle stretch - avoid pain

Estiramiento:
Parte frontal de la pierna
Recostado de lado, doble la pierna inferior en las articulaciones de la cadera y la rodilla en ángulos rectos. Sostenga el pie de la pierna superior y jale la pierna por detrás hacia sus glúteos hasta que sienta tensión en los muslos. Tense los músculos abdominales para evitar que se arquee la espalda.
TIEMPO: 3 por 20 a 30 segundos
INTENSIDAD: Tensión suave - sin dolor



Stretch:
Back of leg
Lying on your back, bend one leg and pull it towards your body with both hands. Your other leg should stay stretched out on the floor if possible. While keeping your hips on the floor, slowly extend your knee joint until you feel a stretch in the back of your thigh.
TIEMPO: 3 x 20 - 30 seconds
INTENSIDAD: Gentle stretch - avoid pain

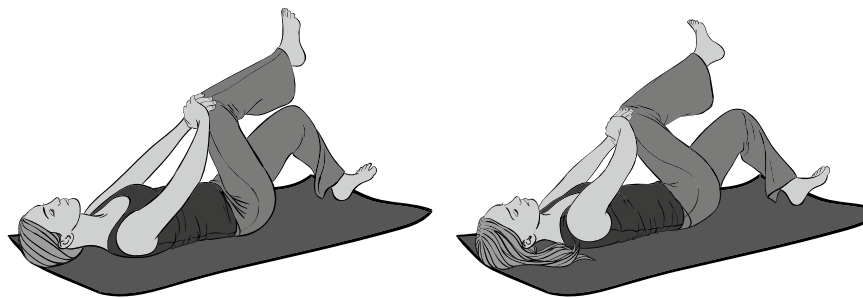
Estiramiento:
Parte trasera de la pierna
Recostado sobre la espalda, doble una pierna y júlela hacia su cuerpo con ambas manos. La otra pierna debe permanecer estirada sobre el piso de ser posible. Mantenga la cadera en el piso y lentamente extienda la articulación de la rodilla hasta sentir tensión en la parte posterior de su muslo.
TIEMPO: 3 por 20 a 30 segundos
INTENSIDAD: Tensión suave - sin dolor



Leg strength:
Lunge
Bend both knees slowly to a 90-degree angle as your body is lowered. Without putting your back-knee all the way to the floor, stretch both legs. Pay attention to good balance and only switch to the other leg in front after a full series of exercises.
BEGINNERS: 6 - 10 reps x 3 sets
ADVANCED: 11 - 15 reps x 3 sets

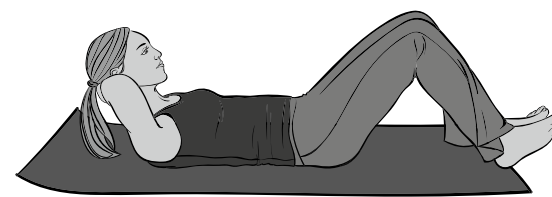


Estiramiento de pierna:
Estocada
Desde la estocada, ambas articulaciones de las rodillas se doblan lentamente a un ángulo de 90 grados a medida que baja su cuerpo. Antes de que la rodilla trasera llegue al piso, estire ambas piernas. Concéntrese en mantener el equilibrio y cambie de pierna después de hacer una serie completa de ejercicios.
PRINCIPIANTES: 6 a 10 en 3 series
AVANZADO: 11 a 15 en 3 series



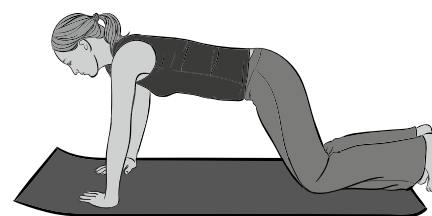
Buttock toning:
Buttock lift
While lying on your back with your legs bent, lift one knee until you can push against it with both hands. Now, lift your pelvis until the hip joint of the supporting leg is extended. Slowly lower your pelvis back down to the floor. Change sides after one set.
BEGINNERS: 6 - 10 reps x 3 sets
ADVANCED: 11 - 15 reps x 3 sets

Fuerza en glúteos:
Elevación de glúteos
Recostado sobre su espalda con las piernas elevadas, doble una rodilla hasta que la pueda empujar con ambas manos. Ahora, eleve su pelvis hasta que la articulación de la cadera de la pierna de soporte esté estirada. Lentamente, baje la pelvis de regreso al suelo. Cambie de lado tras una serie.
PRINCIPIANTES: 6 a 10 en 3 series
AVANZADO: 11 a 15 en 3 series

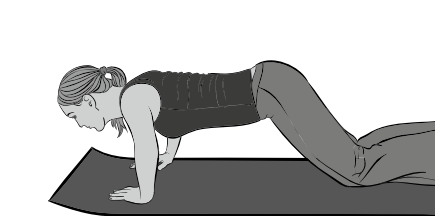


Abdominal strength:
Sit-ups
Lay down on your back using your hands to support the base of your spine. Put your legs at right angles with your toes pulled up. Press your heels into the floor and slowly roll your upper body a few inches upwards without bouncing. Then, lower your body slowly again.
BEGINNERS: 8 - 12 reps x 3 sets
ADVANCED: 13 - 18 reps x 3 sets

Fuerza abdominal:
Abdominales
Recostado sobre la espalda, use sus manos para dar apoyo a la base de la columna. Coloque sus piernas en ángulos rectos con los dedos hacia arriba. Apoye los talones en el suelo y lentamente doble la parte superior del cuerpo unos centímetros hacia arriba sin rebotar. Luego, lentamente baje su cuerpo.
PRINCIPIANTES: 8 a 12 en 3 series
AVANZADO: 13 a 18 en 3 series



Arm and shoulder strength:
Knee push-up
On all fours, tense your stomach muscles so that your back does not sag. Lower your body by bending your arms until you are close to the floor. Then, extend your arms again. Loosen your arm muscles during the breaks.
BEGINNERS: 8 - 11 reps x 3 sets
ADVANCED: 12 - 15 reps x 3 sets



Fuerza en brazos y hombros:
Flexiones en rodillas
En cuatro sobre el suelo, tense los músculos del estómago para que la espalda no se arquee. Baje su cuerpo doblando sus brazos hasta que esté cerca del suelo. Luego, vuelva a extender sus brazos. Relaje los músculos de los brazos en los descansos.
PRINCIPIANTES: 8 a 11 en 3 series
AVANZADO: 11 a 15 en 3 series



Torso strength:
Whole-body extension
On all fours, lift one arm and the opposite leg horizontally. Balance by increasing body tension. Extend lengthwise. Return your arm and leg to the support position then switch to the other side.
BEGINNERS: Hold for 3 x 5 seconds
ADVANCED: Hold for 3 x 10 seconds



Fuerza en torso:
Tensión en todo el cuerpo
En cuatro sobre el suelo, levante un brazo y la pierna opuesta a una posición paralela al cuerpo. Mantenga el equilibrio aumentando la tensión del cuerpo. Extienda a lo largo. Regrese el brazo y la pierna a la posición de apoyo y cambie al otro lado.
PRINCIPIANTES: 3 por 5 segundos
AVANZADO: 3 por 10 segundos



Back strength:
Back stretch
Lying on your stomach, tense your abdominal and buttock muscles. Bend your arms in a "U" shape. Try to lift your shoulders a few inches off the floor. Your head should stay straight as an extension of the spine. Placing a folded towel under your stomach helps to prevent arching your back.
BEGINNERS: 6-8 reps x 5 seconds
ADVANCED: 3-15 reps x 20 seconds

Fuerza en espalda:
Estiramiento de espalda
Recostado sobre su estómago, tense sus músculos abdominales y glúteos. Doble sus brazos en forma de "U". Intente elevar sus hombros algunos centímetros por encima del suelo. Su cabeza debe mantenerse recta respecto de la columna. Colocar una toalla bajo el estómago ayuda a evitar que arquee su espalda.
PRINCIPIANTES: 6 a 8 por 5 segundos
AVANZADO: 3 por 15 a 20 segundos



Relaxation:
Pelvic twist
Lying on your back, bend both legs. Put your arms to the side in a "U" shape. Now, rotate both knees to the left towards the floor, letting the pelvis rotate. Make sure that your shoulders remain in place. Hold the rotation position for several seconds before turning both knees to the other side.
TIEMPO: 2 - 3 minutes. Breathing in and out several times on the stretched side.
INTENSIDAD: Calm and relaxed stretch

Relajación:
Giro de pelvis
Recostado sobre su espalda, doble ambas piernas. Coloque sus brazos de lado en forma de "U". Ahora, gire ambas rodillas hacia la izquierda contra el suelo, dejando que la pelvis haga la rotación. Asegúrese de que sus hombros no se muevan. Mantenga la posición por varios segundos antes de girar ambas rodillas hacia el otro lado.
TIEMPO: 2 a 3 minutos. Respire y exhale varias veces estando de lado
INTENSIDAD: Tensión leve y relajada