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WATER IS OUR WORLD

Home workout routines

Physical activity: you should maintain...

1. ROM (range of motion)
2. Muscle tone maintenance
3. Cardiovascular endurance

Go on our Instagram (@fina1908) and train with us ! #finatrainhome

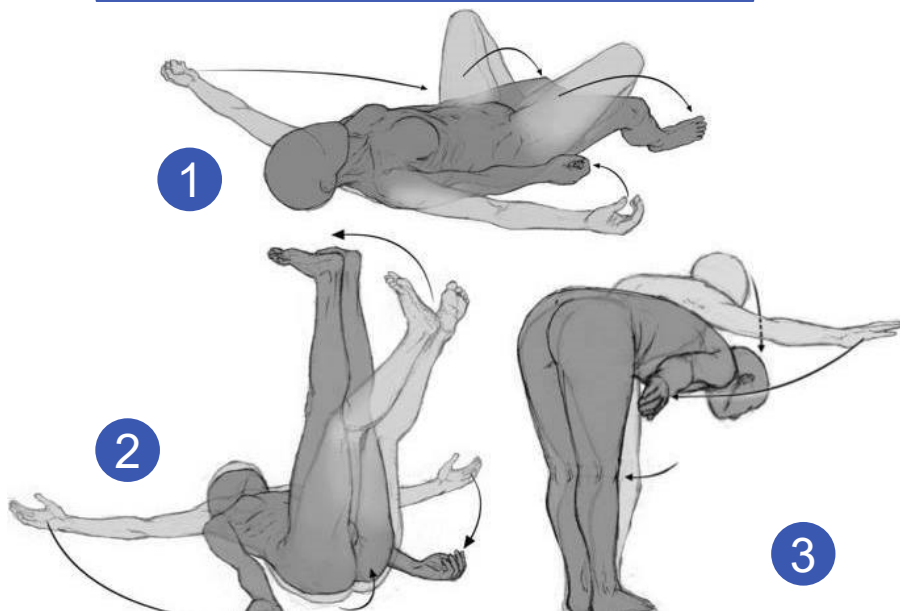
Training guidelines

- We recommend 4 to 6 sessions per week
- Each session will consist of a warm-up, a muscle tone maintenance block and a cardiovascular endurance block
- Each of the blocks can also be worked separately , however we recommend that if the objective is to maintain shape, you should combine strength and resistance in the same session
- ROM sessions should be done isolated from muscle tone maintenance and cardiovascular endurance, preferably as soon as you get up.
- You can do double sessions (one session in the morning and another in the afternoon with a difference of at least 6 hours). In this case, focus the morning session to the cardiovascular resistance block and the afternoon to the muscle tone maintenance block.
- As you will see, we propose different options according to the material available and your possibilities. All the options are compatible with each other.
- Each of the blocks are presented in routines format, that increase their workload from 1 to 4, so muscle tone maintenance routine 1 should always be combined with the cardiovascular endurance routine 1
- Each routine should be performed twice in a row, so that when you have done them twice you move on to the next one

ROM

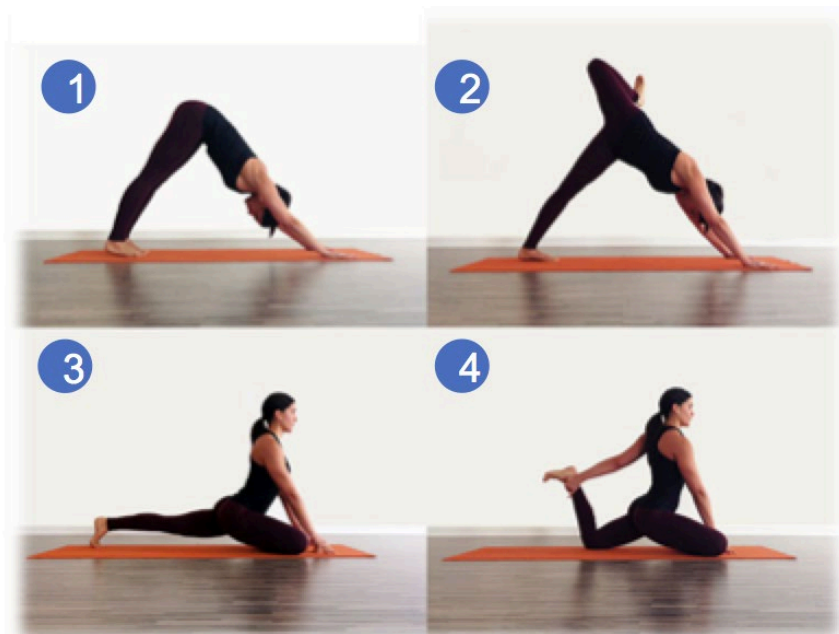
Routine n°1

Perform 3 series of 16 repetitions of each exercise. Controlling movement and breathe.



Routine n°2

Hold each position 3 times 20-30". Controlling movement and breathe.



ROM

Routine n°3

Hold each position 3 times
20-30".
Controlling movement and
breathe.



Routine n°4

Hold each position 2 times 45-60".
Controlling movement and
breathe.



Warm up

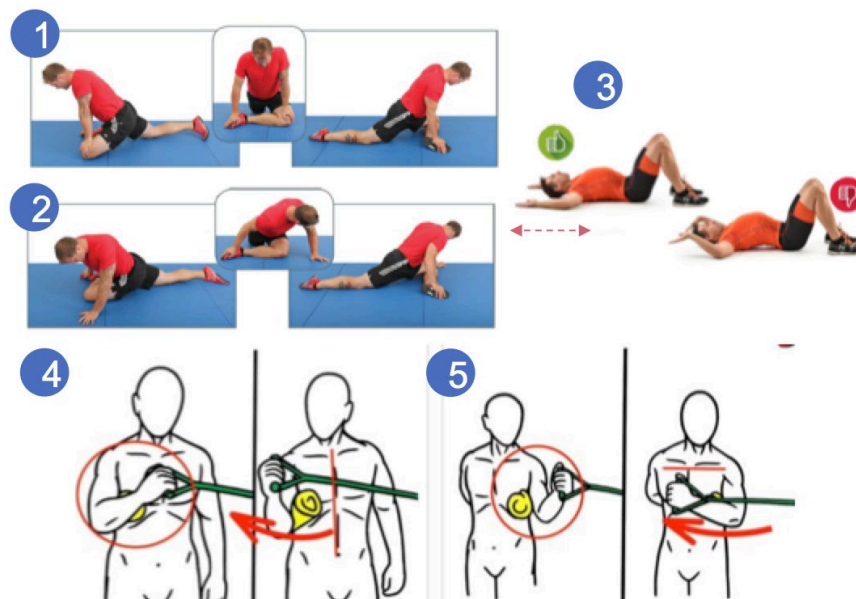
Routine n°1

Perform each exercise twice,
12 reps.



Routine n°2

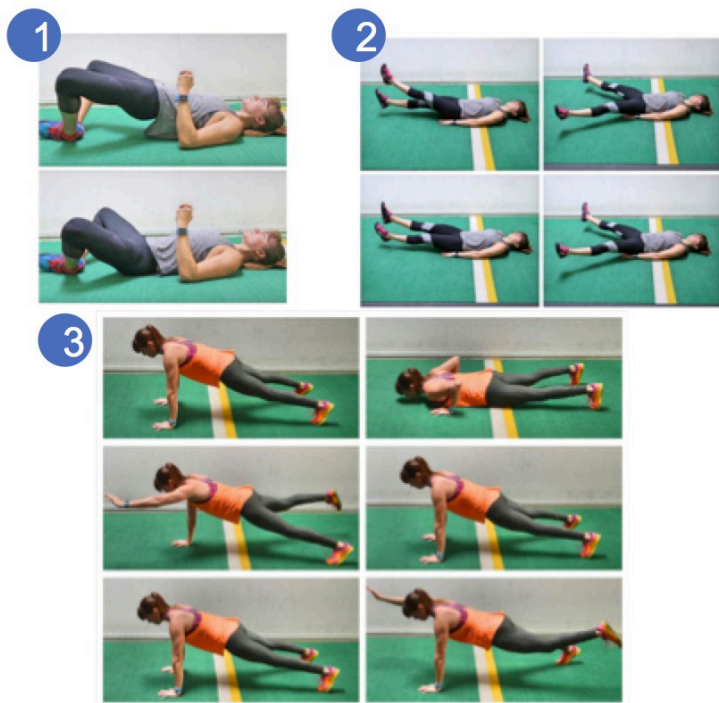
Perform each exercise twice, 12-
16 reps.



Warm up

Routine n°3

Do 3 laps of 8 repetitions



Routine n°4

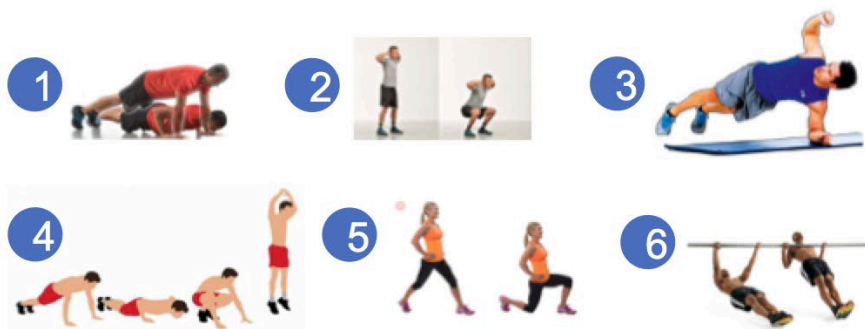
Perform each exercise twice, 12 reps.



Muscle tone maintenance

Routine n°1

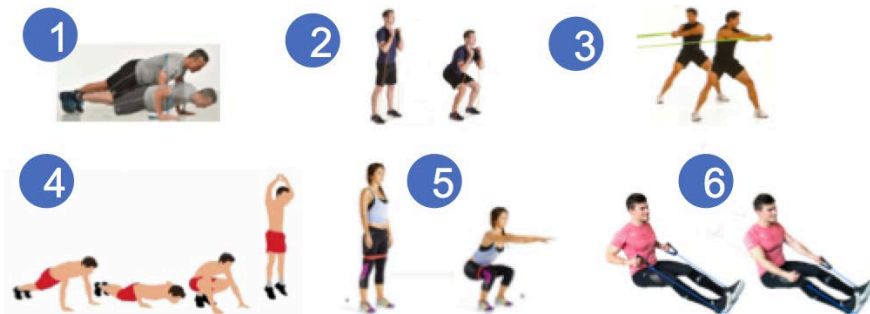
Option A- own weight: 4 laps of 8 repetitions without rest



Option C- with TRX: 4 laps of 15 repetitions



Option B- with elastic bands: 4 laps of 14 repetitions



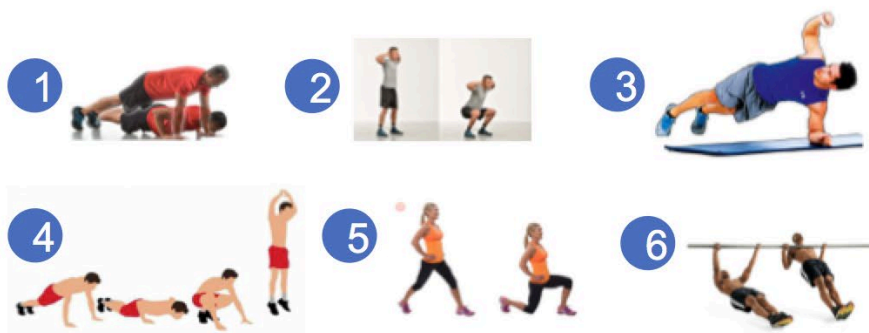
Option D- with dumbbells: 4 laps of 10 repetitions



Muscle tone maintenance

Routine n°2

Option A- own weight: 3 laps of 12 repetitions without rest



Option B- with elastic bands: 3 laps of 20 repetitions



Option C- with TRX: 3 laps of 20 repetitions



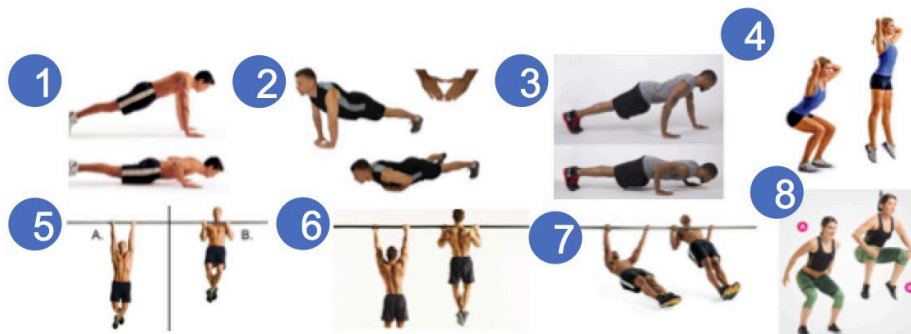
Option D- with dumbbells: 3 laps of 16 repetitions



Muscle tone maintenance

Routine n°3

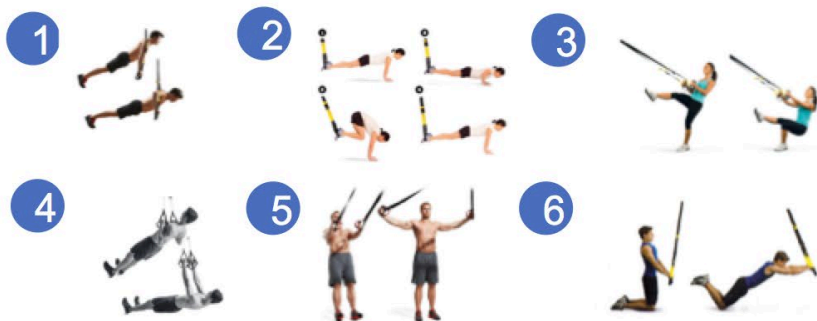
Option A- own weight: 4 laps of 6 repetitions without rest



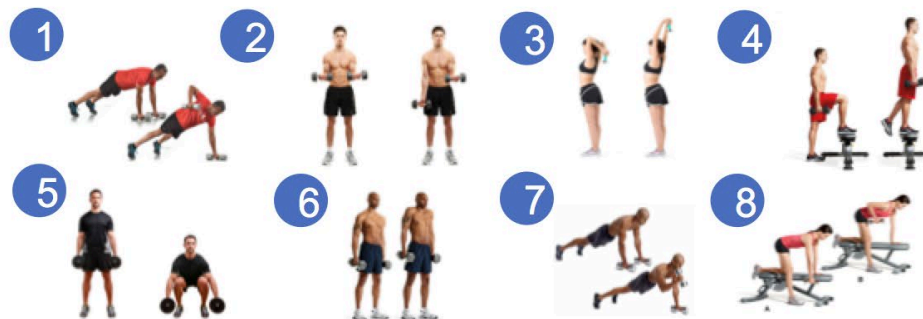
Option B- with elastic bands: 4 laps of 10 repetitions



Option C- with TRX: 4 laps of 12 repetitions



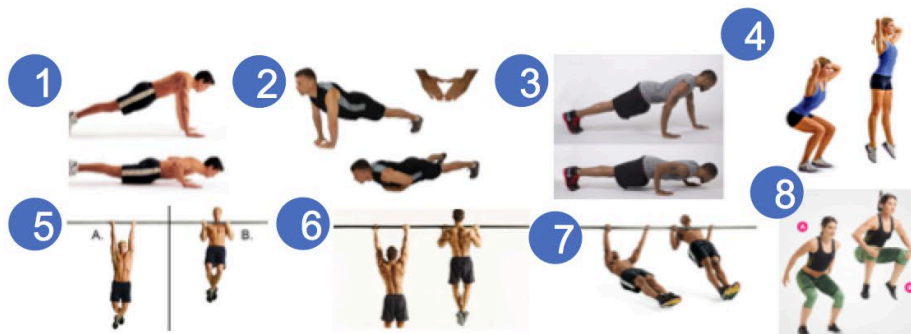
Option D- with dumbbells: 3 laps of 16 repetitions



Muscle tone maintenance

Routine n°4

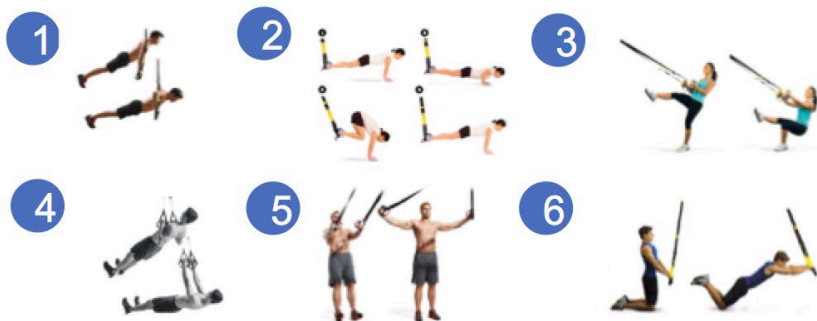
Option A- own weight: 3 laps of 10 repetitions without rest



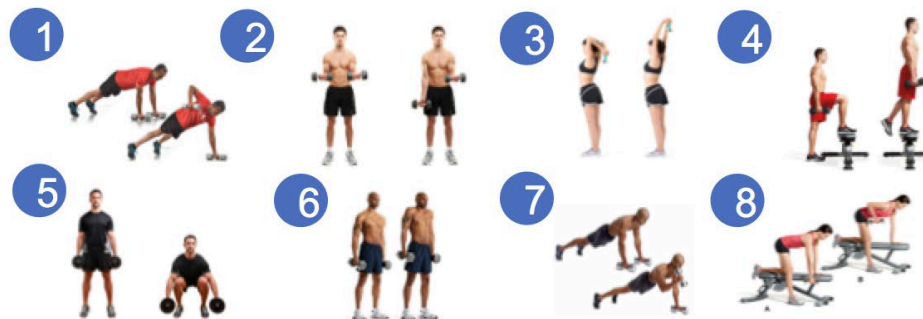
Option B- with elastic bands: 3 laps of 15 repetitions



Option C- with TRX: 3 laps of 16 repetitions



Option D- with dumbbells: 3 laps of 20 repetitions



Cardiovascular endurance

Routine n°1

Option A



Duration: 90'
Intensity: 130-170 bpm



Duration: 60'
Intensity: 150-180 bpm

Option B



Duration: 40'
Intensity: 150-180 bpm



Duration: 30'
Intensity: 160-180 bpm or
between 8.0-10.0 km/h

Option C



Duration: 25'
Intensity: 170-180 bpm



Duration: 90-100'
Intensity: 120-140 bpm

Cardiovascular endurance

Routine n°2

Option A



Duration: 90'
Intensity: 3' at 180 bpm
and 3' at 150 bpm

Duration: 60'
Intensity: 7' light resistance/
4' medium resistance/1' high
resistance

Duration: 40'
Intensity: 10' warm up +
1' high / 4' normal

Option B



Duration: 30'
Intensity: 5' warm up + 25' (45"
11-13km/h + 15" off)

Option C



Duration: 20'
Intensity: 50 stairs high
intensity + 50 soft

Duration: 80-90'
Intensity: 5' high + 10'
normal

Cardiovascular endurance

Routine n°3

Option A



Duration: 90'
Intensity: 10' at 160 bpm
and 5' at 180 bpm

Duration: 60'
Intensity: 15' light + 3' high +
7' (30" high + 30" light)

Option C



Duration: 15'
Intensity: 8x(80 stairs
max/1' rest)

Duration: 60-70'
Intensity: 6x(5' high + 1'
normal + 5' light)

Duration: 40'
Intensity: 10' warm up +
3x(4 sprints 30 meters
max. +30" rest + 6'
soft)

Option B



Duration: 30'
Intensity: 5' warm up + 20' (30"
13-15km/h +30" off)+ 5'soft

Cardiovascular endurance

Routine n°4

Option A



Duration: 90'
Intensity: 9x(5' at 160 bpm + 5' at 190 bpm)

Duration: 60'
Intensity: 10' light+ 5' medium + 2' high + 9x(2' low+ 2' high)

Option C



Duration: 15'
Intensity: 8x(80 stairs max/1' rest)

Duration: 60-70'
Intensity: 6x(5' high + 1' normal + 5' light)

Option B



Duration: 30'
Intensity: 5' warm up + 8x(45" at 80% + 45" soft) + 10' normal

Duration: 30'
Intensity: 5' warm up + 20'(15" 16-20km/h + 30" low + 15" rest) + 5' soft



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