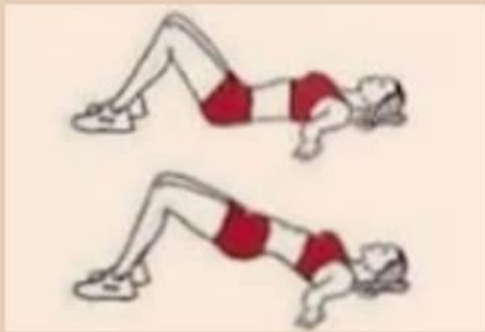


# Healthy workout

- For the maintenance of the body, it's good to do gymnastics and exercise.

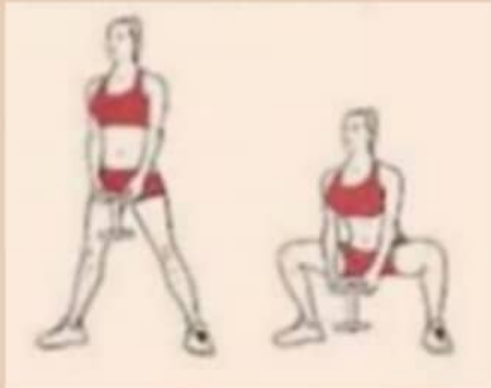
## A training variant:



20 exercises of this kind



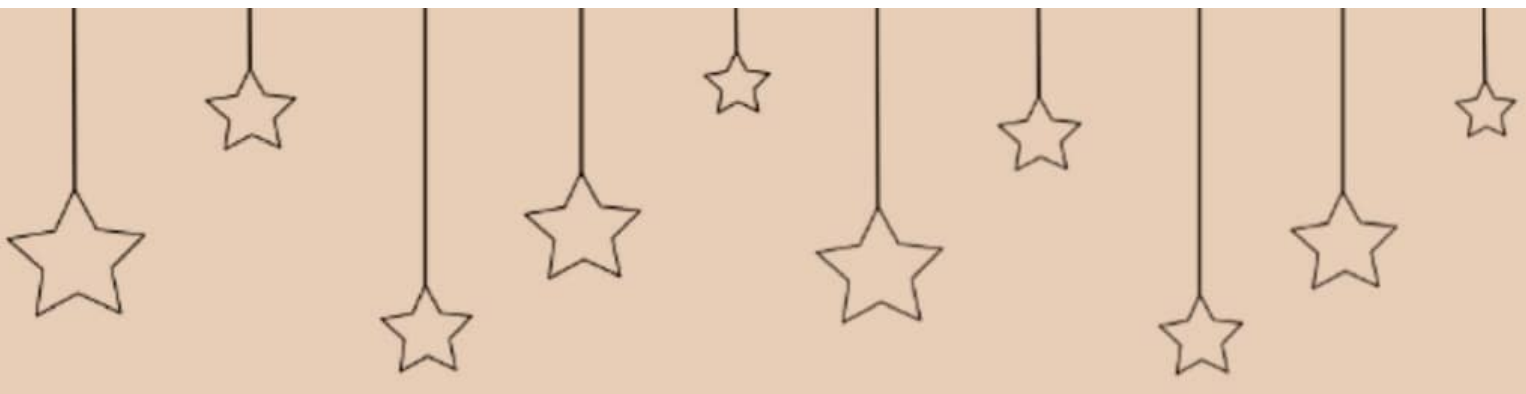
The next step is these squats



60 of these. Take a break and don't forget to hydrate.



Knee flexions follow. 3 sets of 20 each



This move is called "fire hydrants". Do 30 each, with breaks.

The last step is these moves. Do 20 at a time.



**★ Repeat this workout weekly and you will get a healthy body.**

example:

