

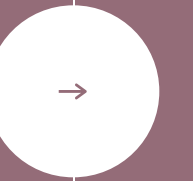


# How to do exercises in a group and alone





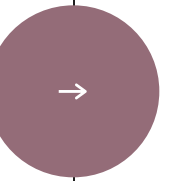
No gym? No problem!  
You can still get a great  
workout even while indoors!





# Ready, set, play!

1. Jump Rope
2. Basketball
3. Paddle Ball
4. Run and Sprints
5. Swim
6. Cycle
7. Classic Workouts





A six-by-two-foot space  
is all you need to start  
sweating it out!

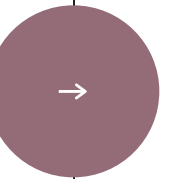
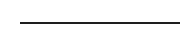




# No equipment required

The best thing about home workouts is you technically don't need any additional equipment to start.

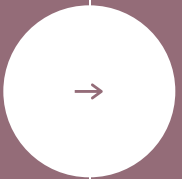
But if you want to feel comfortable, at the very least, you should have a yoga mat.





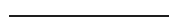
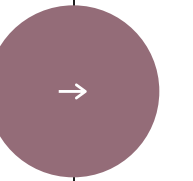
# Jumping Jacks

A great cardio workout, jumping jacks only require you to jump the feet wide while circling the arms overhead, then doing it repeatedly.



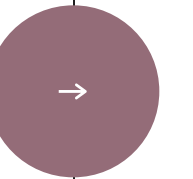


It can burn about  
100 calories in 10 minutes.





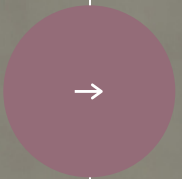
If you want to get your heart rate up, you can jog in place. It can be included in a cardio circuit or just be a way to warm up for more intense exercise.





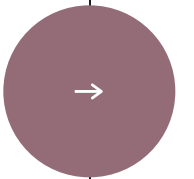


For toning your arms and shoulders,  
you can perform power punching.





Use your  
body weight!

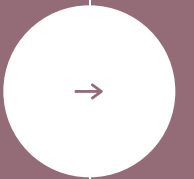




# One-legged squats

This is a type of functional body weight training exercise that will develop leg strength, enhance flexibility, and improve balance.

You have the option of adding a Bosu ball to help you focus more on building your balancing abilities.

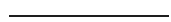
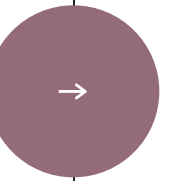




# Burpees

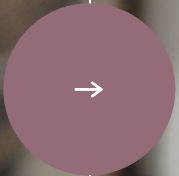
For a killer cardio, do burpees. Simply squat to the floor, jump the feet to a plank position, jump back in, and stand up. Repeat.

Burpees can burn anywhere from 12 to 15 calories per minute.





Happy exercising!



## The Power of Photography

25.03. - 01.04.2022

Wierzchosławice/Tarnów

- 1) Stowarzyszenie Inicjatyw Kulturalno-Młodzieżowych ART (Polska)
- 2) Histerico - Associacao de Artes (Portugalia)
- 3) Connected for Future (Bułgaria)
- 4) Youth for Experience - Slovakia (YES) (Słowacja)
- 5) Young Leaders CZ z.s (Republika Czeska)
- 6) ASOCIATIA SUPER TINERI (ASIRYS) (Rumunia)
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