

Fitness routine

Monday/Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 hour of fitness training with VibroGym. This involves using equipment that vibrates during the workout and 15 to 30 minutes of stretching exercises.	1 to 1½ hours of bike ride, treadmill workout, high-intensity interval training class or stretching exercises.	1 hour of fitness training with VibroGym and 15 to 30 minutes of stretching exercises OR 1 hour of tennis or martial arts practice.	1 to 1½ hours of bike ride, treadmill workout, high-intensity interval training class or stretching exercises.	Wakeboarding, cable-boarding, hiking, tennis, salsa dancing or horseback riding. Depending on the activity, it can last from 1 hour to 9 hours.	Rest day, or another round of sports and outdoor activities.