

Exercise Program – 2nd of August – 8th of August

2nd of August, Monday - LIGHT

06.00 – Light jogging and walking – appr. 30 min

18.00 – Main activity – More info during the day depending on weather

3rd of August, Tuesday - MEDIUM

06.00 – Light jogging and walking – appr. 30 min

18.00 – More info during the day depending on weather

4th of August, Wednesday – LIGHT

06.00 - Light jogging and walking – appr. 30 min

18.00 - More info during the day depending on weather

5th of August, Thursday – HIGH

06.00 – Jogging and core stability – up to 45 min

18.00 – Bike ride

6th of August, Friday – LIGHT

06.00 - Light jogging and walking – appr. 30 min

18.00 - Main activity – More info during the day depending on weather

7th of August, Saturday – MEDIUM

11.00 – Some kind of ball game – depending on weather, more info during the day

8th of August, Sunday – LIGHT

18.00 – Jogging – appr. 40 min

For reservation contact Sami Kallio by email or join the facebook group: "[Free WorkOut With Personal Trainer](#)".

PS. All sessions are completely free!