



# EXERCISE WHEEL

## WALK

BEGIN THIS EXERCISE ONLY WHEN YOU HAVE IMPROVED YOUR MUSCLE STRENGTH.

5-10 SECONDS 5 SETS.

INCREASE THE TIME UNTIL YOU CAN WALK 1-2 MINUTES WITHOUT STOPPING.

## REST

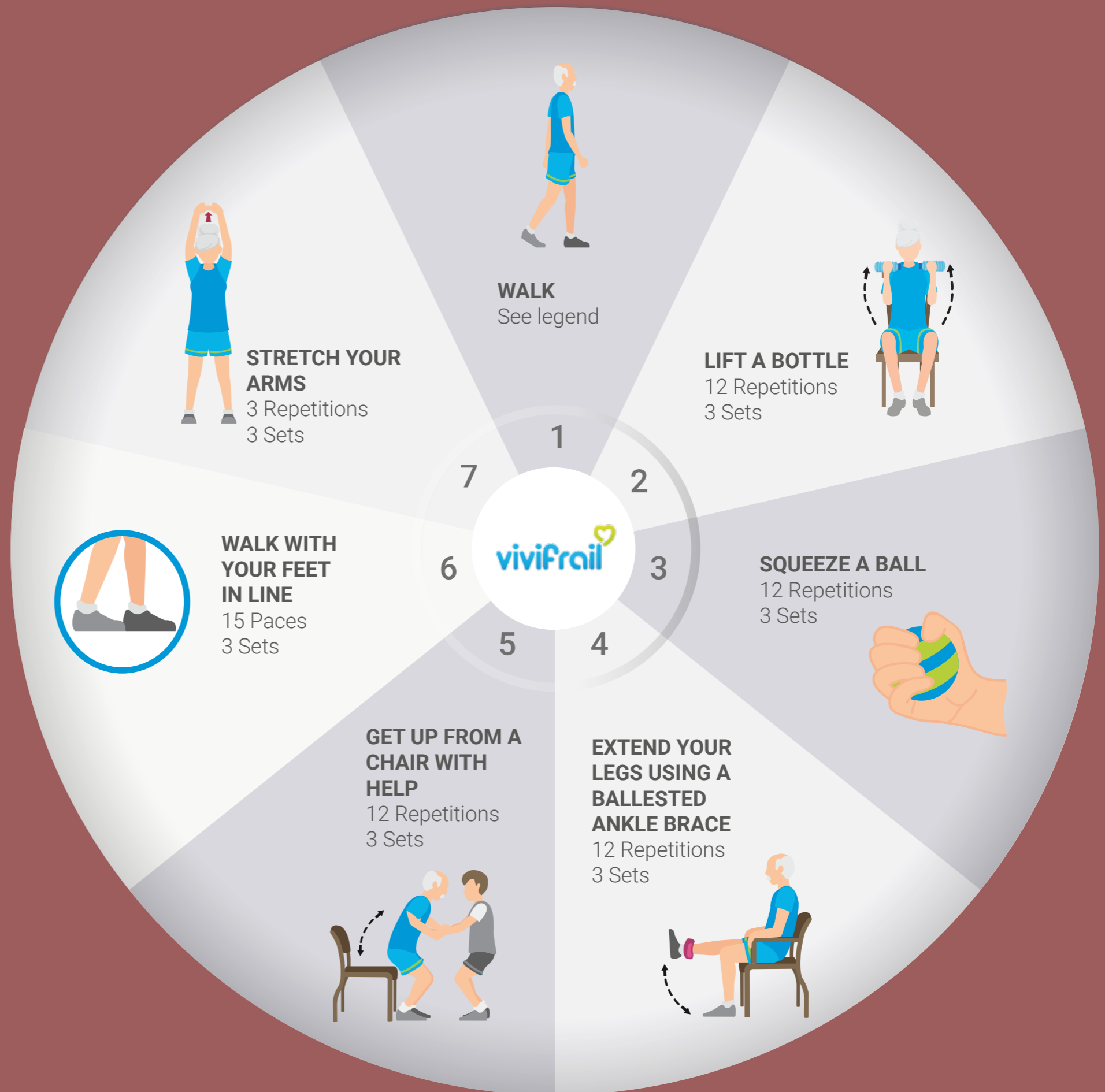
REMEMBER TO REST BETWEEN SETS.

## BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

## EXERCISES

IF THERE IS ANY DOUBT ABOUT HOW TO CARRY OUT THE EXERCISES, PLEASE CONSULT THE PASSPORT.



The project has been 65% cofinanced by the European Regional Development Fund (ERDF) through the Interreg V-A Spain-France-Andorra programme (POCTEFA 2014-2020). POCTEFA aims to reinforce the economic and social integration of the French-Spanish-Andorran border. Its support is focused on developing economic, social and environmental cross-border activities through joint strategies favouring sustainable territorial development.



# EXERCISE WHEEL

## WALK

2 MINUTES 5 SETS.

WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.

FROM WEEK 7, WALK 3 SETS OF 8 MINUTES.

## REST

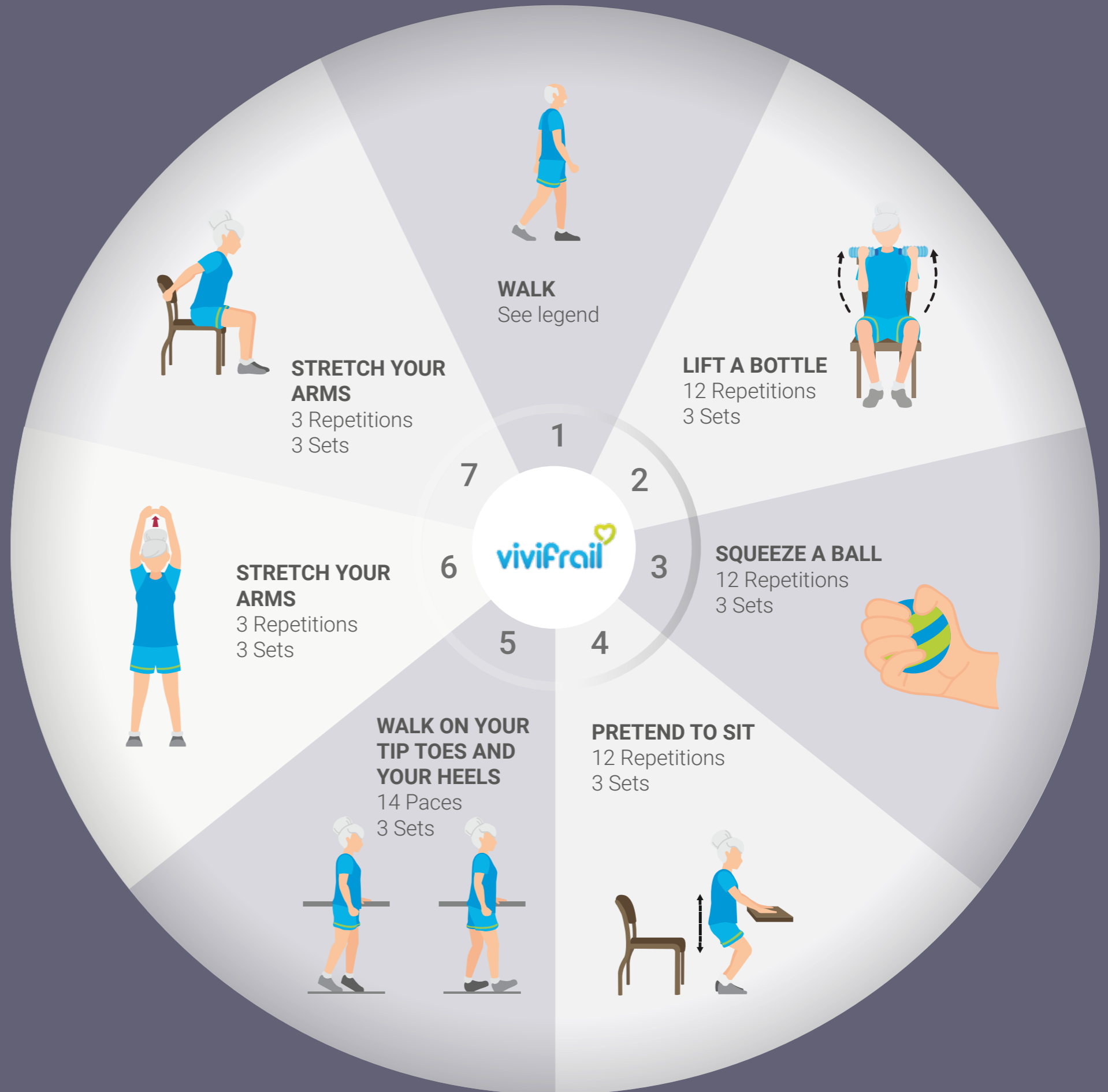
REMEMBER TO REST BETWEEN SETS.

## BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

## EXERCISES

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# EXERCISE WHEEL

## WALK

110 MINUTES 3 SETS.

WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.

FROM WEEK 7, WALK 3 SETS OF 15 MINUTES.

## REST

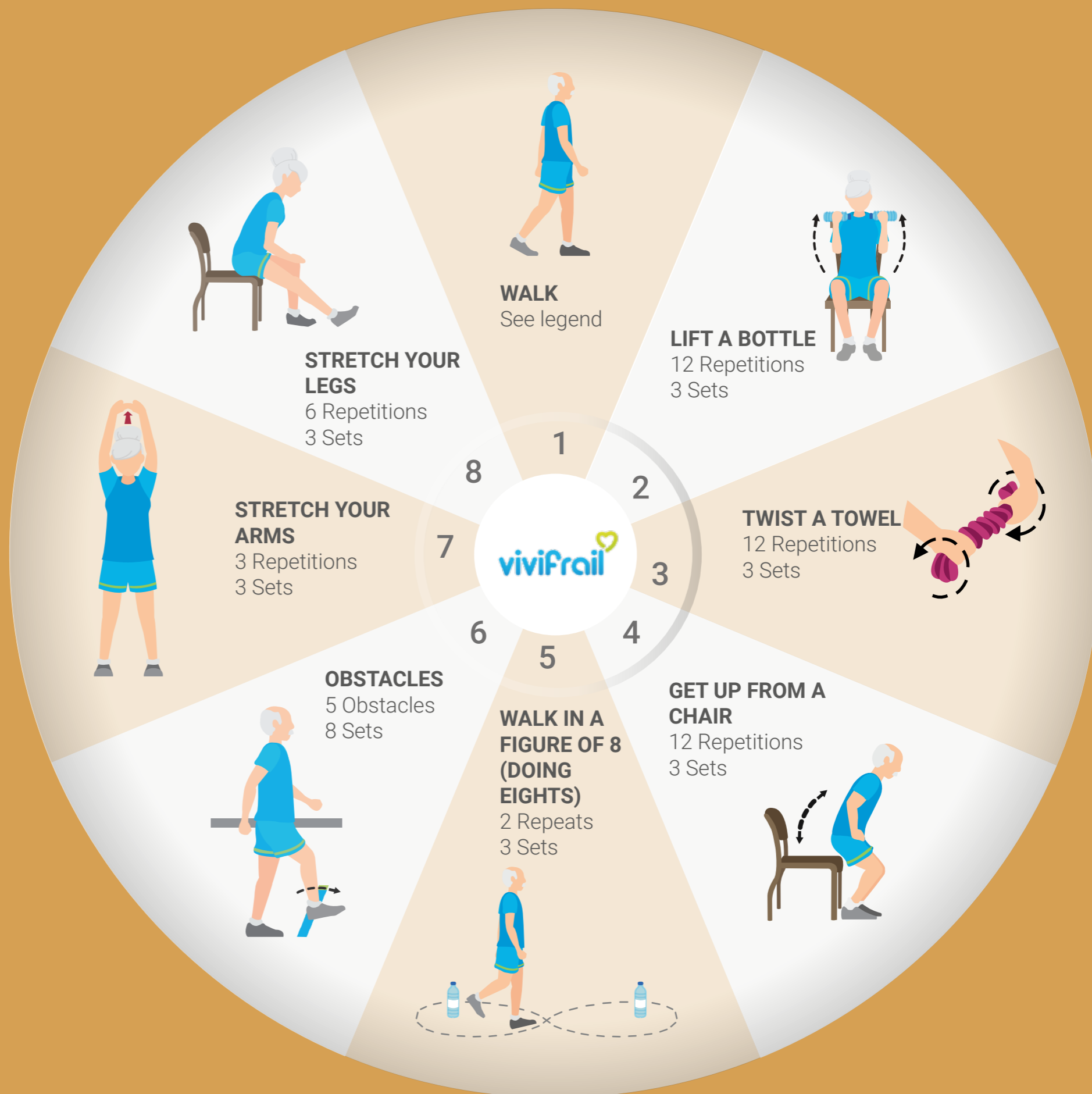
REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

## BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

## EXERCISES

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# EXERCISE WHEEL

## WALK

20 MINUTES 2 SETS.

WALK AT A PACE THAT ALLOWS YOU TO KEEP A CONVERSATION CONTINUOUSLY, BUT THAT COSTS YOU A LITTLE EFFORT.

FROM WEEK 7, WALK CONTINUOUSLY BETWEEN 30 & 45 MINUTES.

## REST

REMEMBER TO REST FOR 2 MINUTES BETWEEN SETS.

## BREATHE CORRECTLY

BREATHE NORMALLY, DO NOT HOLD YOUR BREATH DURING THE EXERCISES.

## EXERCISES

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