



fastio[®]

GO

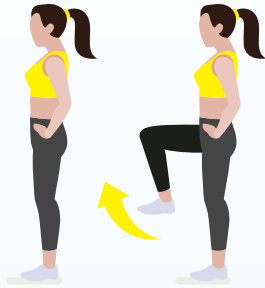
20-MINUTE CHALLENGE

"No time"? Not an excuse. You can get in a great workout in just 20 minutes. All you need is focus and motivation!

Let's GO!
We'll help you.



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1 From a standing position, alternately lift your knees to your chest. The supporting leg should remain straight.

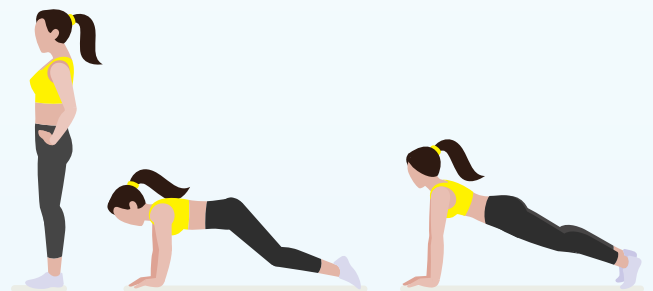
20-MINUTE CHALLENGE

Perform each move for 1 minute. Repeat the full circuit twice and rehydrate with Fastio Go.

Stretch when finished to improve your flexibility and prevent injuries.



2 Step forward, bend your back knee and lower your hips until reaching a 90° angle. Alternate between your right and left leg.



3 Belly down, with arms aligned with your shoulders, place your palms and the tips of your toes on the floor. Push yourself into plank position and hold for 10 seconds, then return to the starting position.



4 Lay on the floor with your belly facing up. Keeping your legs together and straight, raise them until they form a 90° angle with the floor. Repeat.



5 Lay on the floor with your belly facing up. Place both hands behind your head and raise your knee to touch the opposite elbow. Alternate.