

How to structure your workout

Type of session (strength, cardio etc)	Warm-up cardio (10 min)	Warm-up stretches (10-15min) - list what you are going to do, consider every muscle group form your head to your toes	Main section (list each exercise in the order you will do them)	Cool-down cardio (10 min)	Cool-down stretches (10-15 min list the exercises) - consider every muscle group form your head to your toes	Comments and observations

For more information read the related blog post [How to structure your workout](#).

Are you stuck or need guidance on this planning? Jump on a FREE call with me and let's create a program for you. I will also help you program your rest days and training for a month. [Book here](#).



Alexandra Merisoiu is a Transformational Health and Wellness Coach, Founder of Urban Women Fitness and creator of The Merisoiu Technique.

She works with entrepreneurial and corporate women in their 30's & 40's to take their bodies and their minds from shut down to fully functional using lasting foundations and transformational coaching.

She does this by creating a healthy, fit, organic lifestyle using [The Merisoiu Technique](#)™ and its Five Guiding Principles: Earthing, Natural Movement, Mindful Control, Fluid Movement and Habits Transformation.

Since 1995 she has explored how the body and mind works through using many different sporting techniques and through a wide variety of highly respected coaches. At 14 years old she was ranked 2nd in the World Championships, 2 times National Champion and now she is a 3rd Dan Black Belt in Karate Shotokan, and still competing at an international level. It is through these learnings that she has created The Merisoiu Technique and has established her own unique transformational programs that incorporate thousands of years of knowledge with modern coaching methods.

Her mission is to share her gift and educate the world, passing on to the next generations why they need to get out of the gym and back to nature. Going back to nature takes them on a journey of discovery, experience and creativity, and installs lasting foundations and transformational results.

Find out more at [Urban Women Fitness](#)