

HOW TO STAY HAPPY AND MOTIVATED DURING QUARANTINE

During this quarantine period, loads of professional trainers are uploading work-out tutorials on their social network profiles. On Instagram and Youtube you can find a lot of trainers.

Moreover, if you want to train specific muscles, you can find some drawings which show how muscles work in every exercise.

Wish
Outcome
Obstacle
Plan

In order to learn new skills, you can make a W.O.O.P. or watch some free tutorials on youtube.

For instance, I discovered this guy, Mike Boyd, who has a very famous YouTube channel.

Basically, he tries to learn new skills in every video and when he masters them, he gives you advice on how to achieve them as fast as possible

