Yeny Marcela Agudelo

Adecco

D M A

Juan's daily routine

Juan Esteban Aristizabal Vasquez is a famous Colombian singer, lyricist and guitarist recognized in the hispanic world.

His daily routine begins at 5:30 am and consists of getting up, taking a bath, at 6:20 am he sits down to have breakfast with his wife Karen and his children Lina, Paloma and Dante, at 7:30 am he goes to work to his recording studio in downtown Miami, he is there all morning, he goes to lunch at 12:30 pm with his coworkers or sometimes with his wife, in the afternoon he returns to his studio or it attends some appointments with his manager, after 6:30 he leaves work and meets with his wife and children to go together to the gym near his house, on the nights when he is not on tour he has dinner at his house with his family, after 9:30 pm he goes to his studio

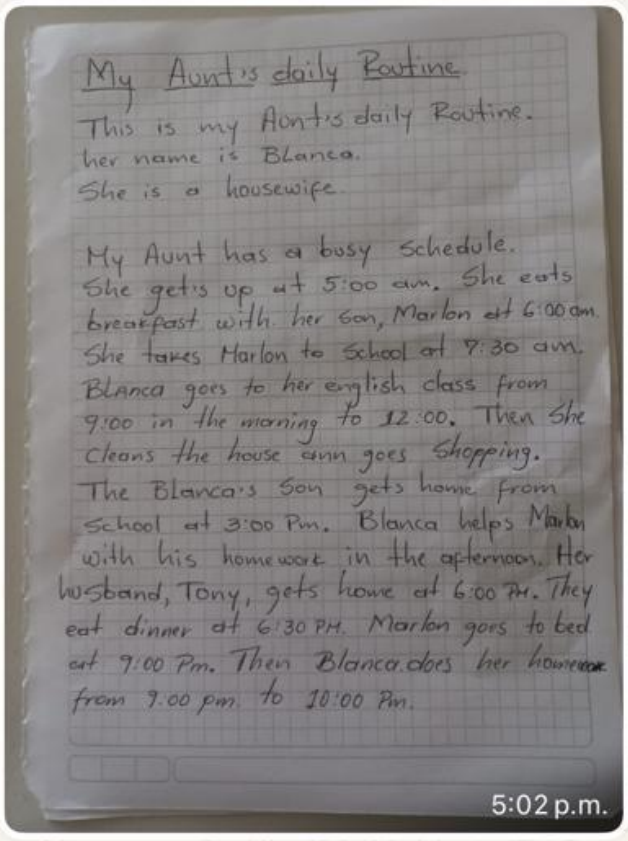
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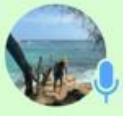
Hi teacher. Good afternoon.
How are You 5:01 p.m.

With Zolrack 5:01 p.m.



This is my homework 5:02 p.m.

👍💪 5:02 p.m.



0:09 5:06 p.m.

OK teacher. Thank's

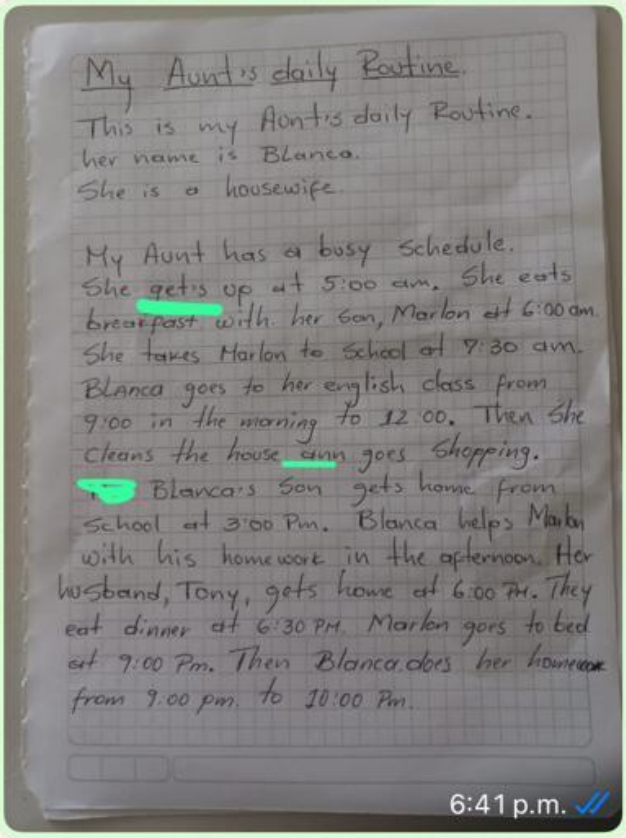
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0:09 5:06 p.m.

OK teacher. Thank's 5:28 p.m.

Eliminaste este mensaje. 6:40 p.m.



0:46 6:42 p.m.

0:11 7:15 p.m.

Hoy

Evelyng.

Shakira wakes up at 7 AM, takes a shower between 7:10-7:20 AM, and brushes her teeth at 7:20 AM. After having breakfast at 7:30 AM, she wakes up and makes breakfast for her family, takes a shower, gets dressed and puts on makeup. She then prepares her children for school, drops them off at daycare and goes to work. On busy days, she does a 4-hour photoshoot then picks up her children from daycare, eats lunch prepared by her husband, and spends the rest of the day with her family until bedtime.

La rutina de ejercicios de Shakira complementa perfectamente su alimentación. Se ejercita seis días a la semana durante aproximadamente una hora. Su entrenamiento incluye una combinación de pesas, natación, circuitos HIIT de 30 a 40 minutos y ejercicio cardiovascular, especialmente baile.