



# NOV 25 PROGRAM 2



| 1 - WARM UP - | TIME | MOVEMENTS                                |
|---------------|------|--|
|               | 1'   | RUNNINGS                                 |
|               | 2'   | SQUATS & UPPER BODY MOBILITY             |
|               | 3'   | PUSH UPS & LOWER BODY MOBILITY           |
|               | 4'   | TEACH & LEARN                            |
|               | 5'   | SPEED UP HEART BEAT & DINAMIC STRETCHING |

## 1 MIN TO PREPARE NEXT WORK OUT

| 2 - STRENGTH -   | TIME                    | MOVEMENTS                        |
|--|-------------------------|----------------------------------|
| <b>NEGATIVE:</b>   | <b>45"W/15"R</b>        | 1: SLOW DOWN ARMS                |
| THE EXECUTION OF THE ECCENTRIC PHASE MOVEMENT MUST BE SLOW. THE OBJECTIVE OF THIS PROTOCOL IS TO WORK THE ECCENTRIC PHASE. | 2 MOVEMENTS<br>3 ROUNDS | 2: PLANK POSITION SLOW KNEE DOWN |

## 1 MINUTE PAUSE

| 3 - SPEED -                         | TIME                               | MOVEMENTS    |
|-------------------------------------|------------------------------------|--------------|
| <b>CHANGE:</b>                      | <b>30"W/15"R</b><br><b>[15-15]</b> | 1: 3 BOXING  |
| AT THE "CHANGE" CHANGE THE MOVEMENT | 2 MOVEMENTS<br>5 ROUNDS            | 2: 3 JOGGING |

## 1 MINUTE PAUSE