

7 - SPEED -	TIME	MOVEMENTS
TABATA 30:		
30 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	30"W/15"R	1: 3 SCISSORS + 3 KNEE UP
	1 MOVEMENT 5 ROUNDS	

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
DON'T STOP:		
NO PAUSE WORKOUT	6"W/ NO PAUSE	1: 2 STEP TO SIDE + WALK DOWN + 2 PUSH UPS
	1 MOVEMENT 1 ROUND	

1 MINUTE PAUSE

9 - COOL DOWN -	TIME	MOVEMENTS
	3'	WALK - BREATH - DINAMIC STRETCHING MOBILITY - CALM DOWN