



OCT 25 PROGRAM 1



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
BALANCE:	45"W/15"R	1: PISTOLS HALF
WORK IN BALANCE WITH A WEIGHT		
	2 MOVEMENTS 3 ROUNDS	2: SINGLE LEG PUSH UPS

1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
CHANGE:	30"W/15"R [10-10-10]	1: CLIMBERS
AT THE "CHANGE" CHANGE THE MOVEMENT		
	3 MOVEMENTS 5 ROUNDS	2: OPEN SQUAT
		3: BOXING

1 MINUTE PAUSE