

7 - SPEED -	TIME	MOVEMENTS
TABATA:	30"W/15"R	1: SCISSORS [X3] + 3 OPEN SIDE SQUAT REPEATERS SAME LEFT
30 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	1 MOVEMENT 5 ROUNDS	

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
LONGER:	30"- 1'- 1'30"- 2"W/15"R	1: FROM OPEN LEGS ALTERN KNEE UP + ALTERN KICK + 2 PUSH UPS SAME LEFT
EVERY TIME THE WORK OUT WILL BE LONGER	1 MOVEMENT 4 ROUNDS	

1 MINUTE PAUSE

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