



# OCT 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>BALANCE:</b>	<b>45"W/15"R</b>	1: CLOSED SQUAT ON POINT
WORK IN BALANCE WITH A WEIGHT		
	2 MOVEMENTS 3 ROUNDS	2: PLANK TWIST

## 1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
<b>CHANGE:</b>	<b>30"W/15"R</b> <b>[10-10-10]</b>	1: PUSH UPS
AT THE "CHANGE" CHANGE THE MOVEMENT		
	3 MOVEMENTS 5 ROUNDS	2: OPEN CLOSE FROM PLANK
		3: OPEN SQUAT REPEATERS

## 1 MINUTE PAUSE