

7 - SPEED -	TIME	MOVEMENTS
TABATA:	<b>30"W/15"R</b>	1: 2 JUMPS CROSS + 2 KNEE UP REPS + SINGLE OPEN SQUAT <b>SAME LEFT</b>
30 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	1 MOVEMENT 5 ROUNDS	

**1 MINUTE PAUSE**

8 - RESISTANCE -	TIME	MOVEMENTS
LONGER:	<b>30"- 1'- 1'30"- 2"W/15"R</b>	1: FROM CLOSED 3 REPS LUNGES BACK + 3 PUSH UPS <b>SAME LEFT</b>
EVERY TIME THE WORK OUT WILL BE LONGER	1 MOVEMENT 4 ROUNDS	

**1 MINUTE PAUSE**

9 - COOL DOWN -	TIME	MOVEMENTS
	<b>3'</b>	WALK - BREATH - DINAMIC STRETCHING MOBILITY - CALM DOWN