



NOV 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
NEGATIVE:	45"W/15"R	1: OPEN SQUAT
THE EXECUTION OF THE ECCENTRIC PHASE MOVEMENT MUST BER SLOW. THE OBJECTIVE OF THIS PROTOCOL IS TO WORK THE ECCENTRIC PHASE.	2 MOVEMENTS 3 ROUNDS	2: DIAMOND PUSH UPS

1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
CHANGE:	30"W/15"R [15-15]	1: BURPEES NO JUMP
AT THE "CHANGE" CHANGE THE MOVEMENT	2 MOVEMENTS 5 ROUNDS	2: CROSS JUMPS

1 MINUTE PAUSE