

7 - SPEED -	TIME	MOVEMENTS
TABATA 30:		
30 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	30"W/15"R	1: 2 STEP SIDE + 2 REPEATERS KNEE + TOUCH DOWN & UP
	1 MOVEMENT 5 ROUNDS	

**1 MINUTE PAUSE**

8 - RESISTANCE -	TIME	MOVEMENTS
DON'T STOP:		
NO PAUSE WORKOUT	6"W/ NO PAUSE	1: [LUNGE BACK + KNEE] ALTERN + DOWN 2 PUSH UPS + 4 JUMPING JACKS
	1 MOVEMENT 1 ROUND	

**1 MINUTE PAUSE**

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