

7 - SPEED -	TIME	MOVEMENTS
TABATA 30":	30"W/15"R	1: FROM OPEN LEGS 2 STEPS SIDE [X2] + 2 OPEN SQUAT
30 SECONDS WORK 15 SECONDS REST FOR 5 TIMES	1 MOVEMENT 5 ROUNDS	

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
DON'T STOP:	6' W	FROM OPEN 3 REPEATERS LUNGE [X2] DOWN TO PLANK + 3 PUSH UPS + 3 JUMPS OPEN CLOSE
NO PAUSE WORKOUT	1 MOVEMENT 1 ROUND	

1 MINUTE PAUSE

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