

7 - SPEED -	TIME	MOVEMENTS
TABATA 30":	30"W/15"R	1: 3 SCISSORS R + L - 2 STEP TO SIDE
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 CLOSED LEGS DOWN TO SIDE + DOWN TO PLANK + 3 TRICEPS PUSH UPS + STAND UP
NO PAUSE WORKOUT	1 MOVEMENT 1 ROUND	

1 MINUTE PAUSE

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