



# FEB 26 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
DECELERATE:	<b>45"W/15"R</b>	1: KNEE UP + SQUAT SIDE R-L
STOP A MOVEMENT	2 MOVEMENTS	
	3 ROUNDS	2: DOWN TO SQUAT - PUSH UP

## 1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
FOLLOW THE BEAT:	<b>20"W/15"R</b>	1: FLUTTERS
THE EXECUTION OF MOVEMENTS IS AT THE RHYTHM OF MUSIC.		2 MOVEMENTS
	4 ROUNDS	2: JUMPING JACKS

## 1 MINUTE PAUSE