

7 - SPEED -	TIME	MOVEMENTS
TABATA:		
15 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	15"W/15"R	1: CLIMBERS
	2 MOVEMENTS 4 ROUNDS	2: CROSSING UP DOWN

**1 MINUTE PAUSE**

8 - RESISTANCE -	TIME	MOVEMENTS
DON'T STOP:		
NO PAUSE WORKOUT	6' W	2 TIME LUNGE KNEE R - L + 2 CLOSED SQUAT + 2 OPEN SQUAT + 2 PUSH UPS R + 2 PUSH UPS L
	1 MOVEMENT 1 ROUND	

**1 MINUTE PAUSE**

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