



FEB 26 PROGRAM 2



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:	45"W/15"R	1: RUSSIAN TWIST
STOP A MOVEMENT	2 MOVEMENTS	
	3 ROUNDS	2: JUMP TO OPEN SQUAT

1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
FOLLOW THE BEAT:	20"W/15"R	1: BOXING
THE EXECUTION OF MOVEMENTS IS AT THE RHYTHM OF MUSIC.	2 MOVEMENTS	
	4 ROUNDS	2: SCISSORS

1 MINUTE PAUSE