

7 - SPEED -	TIME	MOVEMENTS
TABATA:		
15 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	15"W/15"R	1: JOGGING KNEE
	2 MOVEMENTS 4 ROUNDS	2: TRICEPS DIPS

**1 MINUTE PAUSE**

8 - RESISTANCE -	TIME	MOVEMENTS
DON'T STOP:		
NO PAUSE WORKOUT	6' W	2 PUSH UPS + 2 PUSH UPS ON KNEES +2 ALTERN TOUCH KNEE + 2 ALTERN TOUCH FEET
	1 MOVEMENT 1 ROUND	

**1 MINUTE PAUSE**

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