



MARCH 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
SLOW MOTION:	45"W/15"R	1: SQUAT + RISE FRONT
A MOVEMENT MAKE SLOW IN ECCENTRIC & CONCENTRIC CONTRACTION		
	2 MOVEMENTS 3 ROUNDS	2: OPEN BIG PUSH UPS

1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS	
CIRCUIT:	15"W/15"R	1: CLIMBERS	
GROUPS. EVERY GROUP WORKS IN A TRAINING STATION. AT THE END OF WORKING TIME THE GROUP CHANGES TRAINING STATION		3 MOVEMENTS	2: SCISSORS
		3 ROUNDS	3: SQUAT REPEATERS

1 MINUTE PAUSE