

7 - SPEED -	TIME	MOVEMENTS
TABATA 20"	20" W/ 15"R	
20 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	2 MOVEMENTS 4 ROUNDS	1: 2 STEPS SIDE & TOUCH DOWN
		2: FROM PLANK 2 TOUCH SHOULDERS + 2 OPEN CLOSE LEGS

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
BIG SMALL REPS:	5"W	
SAME MOVEMENT BIG & SMALL	2 MOVEMENTS 1 ROUND	SMALL: 8 LUNGES SIDE + 8 LUNGES BACK
		BIG: 4 OPEN SQUAT+ 4 LUNGES BACK

1 MINUTE PAUSE

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