



## MARCH 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
<b>SLOW MOTION:</b>	<b>45"W/15"R</b>	1: SQUAT + WEIGHT
A MOVEMENT MAKE SLOW IN ECCENTRIC & CONCENTRIC CONTRACTION	2 MOVEMENTS 3 ROUNDS	2: DIAMOND PUSH UPS

### 1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
<b>CIRCUIT:</b>	<b>15"W/15"R</b>	1: SKIPPING
GROUPS. EVERY GROUP WORKS IN A TRAINING STATION. AT THE END OF WORKING TIME THE GROUP CHANGES TRAINING STATION	3 MOVEMENTS 3 ROUNDS	2: CRUNCH
		3: BOXING

### 1 MINUTE PAUSE