

7 - SPEED -	TIME	MOVEMENTS
TABATA 20"	20" W/ 15"R	
20 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	2 MOVEMENTS 4 ROUNDS	1: 4 JUMPS + SINGLE OPEN CLOSED
		2: CROSSED FLUTTERS

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
BIG SMALL REPS:		
SAME MOVEMENT BIG & SMALL	5"W	SMALL: FROM PLANK 4 TOUCH FRONT + 2 STAND UP
	2 MOVEMENTS 1 ROUND	BIG: 4 ALTERN PUSH UPS FRONT + 2 JUMPS UP

1 MINUTE PAUSE

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