



APRIL 26 - 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
EXPLOSIVE:	45"W/15"R	1: PUSH WEIGHT IN FRONT OF YOU FROM ABS
THE INITIAL PHASE OF CONTRACTION IS PERFORMED AT MAXIMUM SPEED	2 MOVEMENTS 3 ROUNDS	2: FROM OPEN LEGS: LUNGE BACK & JUMP TO OPEN

1 MIN RESTING TIME

3 - SPEED -	TIME	MOVEMENTS
CHANGE:	30"W/15"R	1: PUSH UPS
AT THE "CHANGE" CHANGE THE MOVEMENT	(10-10-10)	2: SQUATS REPEATERS
	3 MOVEMENTS 5 ROUNDS	3: CROSS OPEN

1 MIN RESTING TIME