

7 - SPEED -	TIME	MOVEMENTS
REACTION:	1' W/ 15"R	1: BOXING X4 2: CLIMBERS X5
AT THE SOUND CHANGE THE MOVEMENT	2 MOVEMENTS 2 ROUNDS	

1 MIN RESTING TIME

8 - RESISTANCE -	TIME	MOVEMENTS
DONT' STOP:	5' W	1: 2 STEP R - TOUCH DOWN+ 2 STEP L - TOUCH DOWN [X3] + PUSH UP
NO PAUSE WORKOUT	1 MOVEMENT 1 ROUND	

1 MIN RESTING TIME

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