



# APRIL 26 - 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
EXPLOSIVE:	<b>45"W/15"R</b>	1: BICEPS DIAGONAL
THE INITIAL PHASE OF CONTRACTION IS PERFORMED AT MAXIMUM SPEED	2 MOVEMENTS 3 ROUNDS	2: LUNGE BACK + KNEE UP

1 MIN RESTING TIME

3 - SPEED -	TIME	MOVEMENTS
CHANGE:	<b>30"W/15"R</b>	1: SWIMMING
AT THE "CHANGE" CHANGE THE MOVEMENT	<b>(10-10-10)</b>	2: JUMPING JACKS
	3 MOVEMENTS 5 ROUNDS	3: BASIC CRUNCH

1 MIN RESTING TIME