

| 7 - SPEED -                      | TIME                    | MOVEMENTS  |
|----------------------------------|-------------------------|--|
| REACTION:                        | 1' W/ 15"R              | 1: WAITING UP ON HANDS AT <b>CHANGE</b> 4 CROSS ARMS FRONT |
| AT THE SOUND CHANGE THE MOVEMENT | 2 MOVEMENTS<br>2 ROUNDS | 2: WAITING KNEE UP AT <b>CHANGE</b> 4 CLOSED SQUAT         |

1 MIN RESTING TIME

| 8 - RESISTANCE - | TIME                  | MOVEMENTS                                    |
|------------------|-----------------------|--|
| DONT' STOP:      | 5' W                  | 1: 2 LUNGES [R - L] - UP ON HANDS - PUSH UPS |
| NO PAUSE WORKOUT | 1 MOVEMENT<br>1 ROUND |  |

1 MIN RESTING TIME

| 9 - COOL DOWN - | TIME | MOVEMENTS  |
|-----------------|------|--|
|                 | 3'   | WALK - BREATH - DINAMIC STRETCHING<br>MOBILITY - CALM DOWN |