



MAY 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
SLOW MOTION:	45"W/15"R	1: CLOSED SQUAT
A MOVEMENT MAKE SLOW IN ECCENTRIC & CONCENTRIC CONTRACTION	2 MOVEMENTS 3 ROUNDS	2: OPEN LEGS PUSH UPS

1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
TABATA 15":	15"W/15"R	1: 3 SCISSORS + LINGE
15 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	2 MOVEMENTS 4 ROUNDS	2: TRICEPS DIPS

1 MINUTE PAUSE