



JUNE 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 - SLOW MOTION:	TIME	MOVEMENTS
A MOVEMENT MAKE SLOW IN ECCENTRIC & CONCENTRIC CONTRACTION	45"W/15"R	1: SQUAT + FRONT RISE
	2 MOVEMENTS 3 ROUNDS	2: OPEN LEGS PUSH UPS

1 MINUTE PAUSE

3 - SPEED - CHANGE:	TIME	MOVEMENTS
AT THE "CHANGE" CHANGE THE MOVEMENT	30"W/15"R	1: CROSS FRONT
	10" - 10" - 10"	2: FROM OPEN LEGS GO TO PLANK
	3 MOVEMENTS 5 ROUNDS	3: BOXING ARMS

1 MINUTE PAUSE