

7 - SPEED -	TIME	MOVEMENTS
TABATA 15"	15" W/ 15"R	1: 4 SCISSORS + 1 LUNGE 2: PUSH UPS ON KNEES
15 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	2 MOVEMENTS 4 ROUNDS	

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
REPS:	1'45"W/15"R	1: LUNGE BACK - SQUAT - LUNGE BACK (X4)
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT	2 MOVEMENTS 3 ROUNDS	2: PUSH UPS OPEN TO SIDE (X4)

1 MINUTE PAUSE

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