

7 - SPEED -	TIME	MOVEMENTS
TABATA 15"	15" W/ 15"R	
15 SECONDS WORK 15 SECONDS REST FOR 8 TIMES		1: FROM OPEN SIDE TO SIDE
	2 MOVEMENTS 4 ROUNDS	2: ARMS SIDE TO SIDE

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
REPS:		
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT	1'45"W/15"R	1: JUMP TO OPEN SQUAT(X4)
	2 MOVEMENTS 3 ROUNDS	2: TOUCH FROM PLANK (X4)

1 MINUTE PAUSE

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