



AUG 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
DECELERATE:	45"W/15"R	1: KNEE UP DECELERATE OPEN SQUAT
STOP THE SPEED OF MOVEMENT	2 MOVEMENTS 3 ROUNDS	2: FROM PLANK ROW DECELERATE PUSH UPS

1 MIN RESTING TIME

3 - SPEED -	TIME	MOVEMENTS
FOLLOW THE BEAT:	20"W/15"R	1: JOGGING
THE MUSIC WILL BE FASTER	2 MOVEMENTS 4 ROUNDS	2: TRICEPS PUSH UPS

1 MIN RESTING TIME