

7 - SPEED -	TIME	MOVEMENTS
TABATA 15"		
15 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	15" W/ 15"R	1: TRICEPS PUSH UPS
	2 MOVEMENTS 4 ROUNDS	2: DOUBLE KNEE UP R-L

1 MIN RESTING TIME

8 - RESISTANCE -	TIME	MOVEMENTS
DON'T STOP		
NO PAUSE DURING 5 MINUTE	5"W	1: FROM OPEN LEGS CLOSED 3 TIMES - TOUCH DOWN 3 TIMES - 3 PUSH UPS ON SIDE [R-L]
	1 MOVEMENT 1 ROUND	

1 MIN RESTING TIME

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