



DEC 25 PROGRAM 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 |
|-------------------------------|------------------|-------------------------------|
| BALANCE: | 45"W/15"R | 1: LIFT LEG + SHOULDERS PRESS |
| WORK IN BALANCE WITH A WEIGHT | 2 MOV | 2: OPEN LEGS PUSH UPS "LIFT" |
| | 3 ROUNDS | |

1 MINUTE PAUSE

| 3 - SPEED - | TIME | MOVEMENTS |
|-------------------------------------|----------------------|---------------------------|
| CHANGE: | 30"W/15"R | 1: CLIMBERS |
| AT THE "CHANGE" CHANGE THE MOVEMENT | [10"-10"-10"] | 2: OPEN SQUAT TOUCH KNEES |
| | 3 MOV | |
| | 5 ROUNDS | 3: ARMS SIDE TO SIDE |

1 MINUTE PAUSE