

7 - SPEED -	TIME	MOVEMENTS
TABATA 30":	30"W/15"R	1: 3 SCISSORS STOP + 3 KNEE UP
30 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	1 MOV	
	5 ROUNDS	

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
SURPRISE:	5' W	1: JUMPING ROPE
DON'T EXPLAIN THE MOVEMENTS TO THE CLASS		5 MOV 1 ROUND
	3: JUMPING JACKS	
	4: 3 REPS PUSH UPS	
		5: KICKS

1 MINUTE PAUSE

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