



## DEC 25 PROGRAM 2



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
<b>BALANCE:</b>	<b>45"W/15"R</b>	1: DIAGONAL BICEPS 3 REPS & ROUND
WORK IN BALANCE WITH A WEIGHT	2 MOV	2: FROM PLANK KNEE + HELBOW
	3 ROUNDS	

### 1 MINUTE PAUSE

3 - SPEED -	TIME	MOVEMENTS
<b>CHANGE:</b>	<b>30"W/15"R</b>	1: PUSH UPS ON KNEES
AT THE "CHANGE" CHANGE THE MOVEMENT	<b>[10"-10"-10"]</b>	2: PLANK & TOUCH SHOULDERS
	3 MOV	
	5 ROUNDS	3: STAND UP PLANK

### 1 MINUTE PAUSE