

7 - SPEED -	TIME	MOVEMENTS
TABATA 30":	30"W/15"R	1: FROM OPEN 2 STEP SIDE [X3] + TOUCH FLOOR
30 SECONDS WORK 15 SECONDS REST FOR 8 TIMES	1 MOV	
	5 ROUNDS	

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
SURPRISE:	5' W	1: LUNGES 3 REPS
DON'T EXPLAIN THE MOVEMENTS TO THE CLASS		5 MOV 1 ROUND
	3: 3 REPS DIAMONDS	
	4: 3 KICKS	
		5: OPEN SQUAT 3 REPEATERS

1 MINUTE PAUSE

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