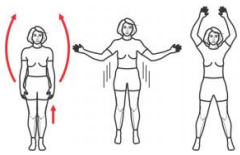
Circuit Tu, Th

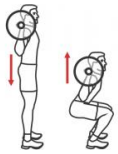
1A : Jump And Jack



- Jump on the spot by opening and closing the legs and arms simultaneously. Working on the front part of your feet and keep your head up.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

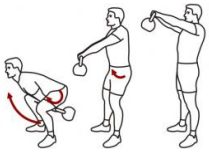
1B : Barbell Back Squat Medium Stance



- The feet shoulder width apart, hold the bar on your trapezius. Go down until your knees have an angle of 90° while keeping your back straight, head up, chest out.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

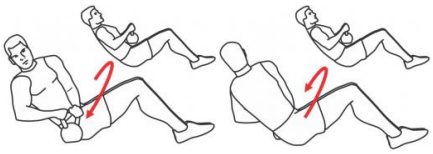
1C : Russian Kettlebell Swing



- Keep your back straight, head high and tight abs. Pull the pelvis forward and upward. Bring your arms at shoulder height.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

1D : Kettlebell Trunk Rotation



- Keep an angle of about 90 ° at the hips and knees. The Kettlebell above the navel, put the Kettlebell on the ground to your left and right by turning the shoulders.

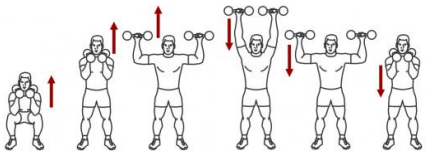
Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

1E : High Knees On Spot

- Keep your back straight, head up and abs tight. Move your arms, front hand at shoulder height, elbows at 90 degrees. Working on the front part of your feet.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

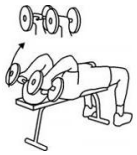
1F : Dumbbell Squat Shoulder Press



- Keep your back straight, abs tight and your head up - Dumbbells resting on the shoulders, go down keeping your back straight and chest out - Make a shoulder press when you are back up

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

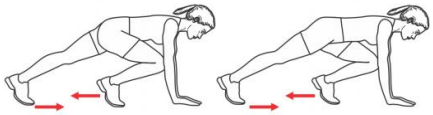
1G : Dumbbell Triceps Extension Lying On Bench



- Back straight - Abs tight - Elbows over shoulders - Neutral or hammer grip

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

2A : Alternated Knee Pull Under Plank Position



- In plank position, pull your knees under your body alternately. Keep abs tight and head up.

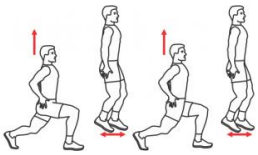
Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

2B : Quick Steps Across The Step

- Keep your head above the foot on the step - Bring 1 foot quickly on the step moving from one foot to another and from one side of the step to the other - Work on the ball of the feet

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

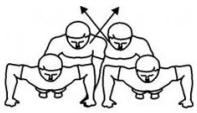
2C : Split Jump



- In a split position, one foot in front, one foot back, make vertical jumps alternating the position of the feet. Don't use arms. Keep your back straight and abs tight.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

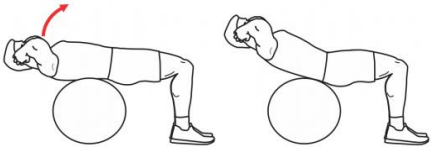
2D : Jump push-up side ways



- Jump push-ups from one side to the other. Wide stance.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

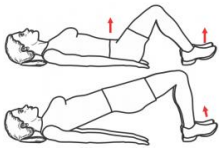
2E : Swiss Ball Crunch



- Lying on a Swiss ball, place the middle of your back on the ball. Hands on each side of the head, raise your shoulders by contracting your abdominals. Keep your abs tight.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

2F : Back Bridge On Heels



- On the back, knees bent, lift the toes to support you on your heels, lift the buttocks thighs aligning with the trunk, maintain position.

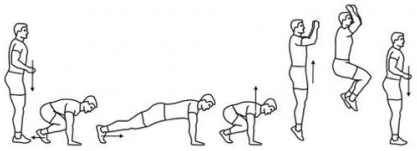
Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

2G : Front Plank On Elbows

- Do the front plank on your elbows. Keep abs tight, back straight, head up and elbows under the shoulders.

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

2H : Burpees



- Keep back straight, abs tight and head up - Hips straight - Head over feet - Working arms elbow 90°

Week	Series	Duration	Intensity /10	recovery
1-4	**1**	**01:20**	**8**	**00:20**

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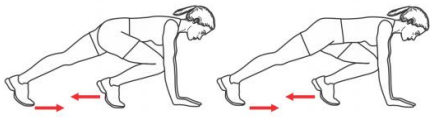
1 : Alternated Knee Pull Under Plank Position



- In plank position, pull your knees under your body alternately. Keep abs tight and head up.

Week	Series	Duration	Intensity /10	recovery
1-4	**8**	**00:20**	**9**	**00:10**

2 : High Knees Jump

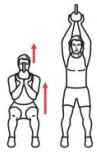
- Make consecutive jumps on the spot, lifting your knees high in front of you. Keep your head up and abs tight. Work on the front part of the feet.

Week	Series	Duration	Intensity /10	recovery
1-4	**8**	**00:20**	**9**	**00:10**

3 : Treadmills

Week	Phases	Duration	Intensity /10	recovery
1-4	**8**	**00:20**	**9**	**00:10**

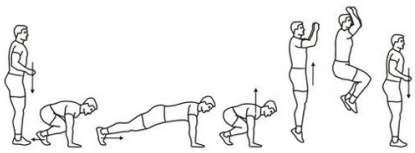
4 : Kettlebell Goblet Squat Press



- Hold a kettlebell in your hands in front of your chest and do a squat while lifting the load over your head. Keep your back straight, abs tight and head up.

Week	Series	Duration	Intensity /10	recovery
1-4	**8**	**00:20**	**9**	**00:10**

5 : Burpees



- Keep back straight, abs tight and head up - Hips straight - Head over feet - Working arms elbow 90°

Week	Series	Duration	Intensity /10	recovery
1-4	**8**	**00:20**	**9**	**00:10**