













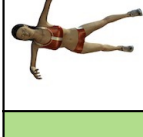
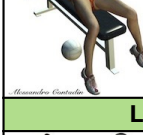
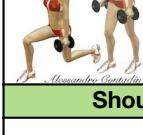
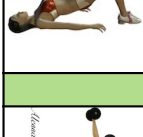

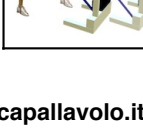
Atleta:

WARMUP: 5/10 MIN CARDIO

Plan A

CRUNCH			
	Serie/rip	3 x 20"	3 X 30"
	Tempo		
	Pausa	30"	30"
	Kg		
TRX PULLEY			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
SQUAT			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
TRX Plank Torsion			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Mono Open on Mat with Cable			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
SPLIT SQUAT			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Oblique Twists			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Clean			
	Serie/rip	3 x 6	3 X 6
	Tempo		
	Pausa	30"	30"
	Kg		
Step Up slow			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		

Plan B

Plank Position			
	Serie/rip	3 x 20"	3 X 30"
	Tempo		
	Pausa	30"	30"
	Kg		
ROW 1 ARM			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
LUNGE WITH TORSION			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Plank Lateral Open Leg			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Bench Press			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
LUNGE AND PUSH			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Shoulder Bridge Dynamic			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		
Mono Snatch			
	Serie/rip	3 x 6	3 X 6
	Tempo		
	Pausa	30"	30"
	Kg		
Functional Rowing			
	Serie/rip	3 x 10	3 X 8
	Tempo		
	Pausa	30"	30"
	Kg		