










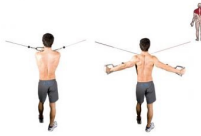
ATLETA:



WARMUP: 5/10 MIN CARDIO

Plan A

CRUNCH		
		1st day
	Serie/rip	3 x 20"
	Tempo	
	Pausa	30"
	Kg	
Plank Lateral Open Leg		
		1st day
	Serie/rip	3 x (10+10)
	Tempo	
	Pausa	30"
	Kg	
Plank Position		
		1st day
	Serie/rip	3 x 20"
	Tempo	
	Pausa	30"
	Kg	
SQUAT		
		1st day
	Serie/rip	3 x 6
	Tempo	
	Pausa	30"
	Kg	
SPLIT SQUAT		
		1st day
	Serie/rip	3 x (6+6)
	Tempo	
	Pausa	30"
	Kg	
ROW 1 ARM		
		1st day
	Serie/rip	3 x (10+10)
	Tempo	
	Pausa	30"
	Kg	
Functional Rowing		
		1st day
	Serie/rip	3 x (6+6)
	Tempo	
	Pausa	30"
	Kg	

Walk Lunge		
		1st day
	Serie/rip	3 x (6+6)
	Tempo	
	Pausa	2min
	Kg	
Pulley Machine		
		1st day
	Serie/rip	3 x 6
	Tempo	
	Pausa	2min
	Kg	
Reverse Fly		
		1st day
	Serie/rip	3 x (10+10)
	Tempo	
	Pausa	2min
	Kg	

or

or

or