



International Circus School

www.saltocircus.com

WEEK TRAINING PLAN

4th May to 8th May

Day	Warm-up	General 1	General 2	Specific	Extra
4 th May Monday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	CDS ABS	Nelson 8 (SUPER Condition)	CARMINDA 2 (Contemporary Dance Class)	
5 th May Tuesday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	T25 Lower Focus	6 PACK ABS 1	Andrey GR3 (Ground Bar)	Run 30'
6 th May Wednesday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	CDS ABS	Nelson 8 (SUPER Condition)	CARMINDA 2 (Contemporary Dance Class)	
7 th May Thursday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	CHEST 1	Tiago HS2 (Hand Stand Class)	KATE 1 (Flex and Mobility)	Run 30'
8 th May Friday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	6 PACK ABS 1	Nelson 8 (SUPER Condition)	Andrey BT2 (Ballet Bar)	

ENJOY !
BE PREPARED FOR THE FUTURE !



ACRO CLUBE DA MAIA

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