

ACROBATS AND BALANCE SPECIFIC WORKOUT 2.0

Valid from 22/02/2021 to 14/03/2021

Notes:

- HIIT Workout (High Intensity Interval Training).
- Have in front a timer, this document and the YouTube video when doing it.
- The exercises are meant to be done at 80% or 90% of your capacity/Speed.
- Every block has to be full done and in order, **just once**. The Resting Time between blocks is at the end of each block.
- "X" = X Seconds

Monday

Block 1	Block 2	Block 3
60" - Knees Up	30" - Jump Lunges	30" - V Abs
60" - Squats	45" - Sumo Calf Raise	30" - Tuck Abs
60" - Calf Raise	60" - Lat. Squat. R	60" - Angels
60" - Sumo Squats	60" - Lat. Squat. L	30" - Flutter Kicks
60" - Skipping Rope	30" - Jump High knees	30" - Crunch
45" Rest	30" Rest	30" Rest
Block 4	Block 5	Block 6
30" Upper Boddy Superman	60" Gainage	30" Bicycles
30" Legs Superman	60" Side Elbow Plank R	30" Side Fish R
60" Elbow Plank	60" Side Elbow Plank L	30" Side Fish L
30" Swimmers	60" Holding Angel	30" Open Angels
30" Angels	60" Hand Plank	60" Dead Lift
30" Rest	45" Rest	FINAL

Tuesday

- 40 minutes run or 60 minutes bike.

Wednesday

Block 1	Block 2	Block 3
60" Burpees	60" Arms Circle	30" Wide Push Up
30" Push Up Closed	30" Elbow lifts	45" Butterfly R (elastic)
60" Butterfly	30" Reverse Rowing	45" Butterfly L (elastic)
30" Pike Push Up	30" Reverse Butterfly	30" Push Up Closed
30" Push up Open	30" Chin up	30" Hold Push up Position
30" Rest	30" Rest	30" Rest
Block 4	Block 5	Block 6
45" One Arm Row R (elastic)	30" Front Shoulder Lift R (elastic)	30" Biceps R (elastic)
45" One Arm Row L (elastic)	30" Front Shoulder Lift L (elastic)	30" Biceps L (elastic)
30" Reverse Butterfly (elastic)	60" Pike Push Up	60" Open Hands Plank
60" Dorsal (elastic)	30" Triceps Push Up	30" Push Up Plank
60" Dead Lift (with weight)	60" Triceps Pulls (elastic)	30" Lateral Raise (elastic)
30" Rest	30" Rest	FINAL

Thursday

- 40 minutes run or 60 minutes bike.

Friday

Block 1	Block 2	Block 3
30" Classic Crunch	60" Dead Lift	60" Squats
30" Tuck Legs	30" Angels	30" Sumo Squats
30" Ankle Touch	60" Hand Plank	60" Calf Raise
30" Scissors	30" Side Hand Plank R	30" Sumo Calf Raise
30" Tuck Abs	30" Side Hand Plank L	30" Knees up
30" Rest	30" Rest	30" Rest

Block 4	Block 5	Block 6
30" Rocket Jumps	45" Burpees (no jump no push up)	30" Squats
30" Lunge Jumps	30" Mountain Climbers	30" Squat + Calf up Holding
30" Bunny Hops	30" Calf lift L	30" Jump High knees
30" Skater Jumps	30" Calf lift R	60" Hips up (knees bend)
45" Skipping Rope	30" Sumo Squat Holding	60" Hips up (knees straight)
45" Rest	30" Rest	FINAL