



International Circus School

www.saltocircus.com

## WEEK TRAINING PLAN

25<sup>th</sup> January to 29<sup>th</sup> January  
2021

If you have REHARSAL of your SPECIALTY, remove General 2 + Extra

Day	Warm-up	Specific	General 1	General 2	Extra
25 <sup>th</sup> Jan Monday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	<b>CARMINDA 1</b> (Contemporary Dance Class)	<b>CHEST 1 + 6 PACK ABS 2</b>	<b>Nelson 9</b> (General Condition)	<b>Run 30'</b>
26 <sup>th</sup> Jan Tuesday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	<b>Andrey GR4</b> (Ground Bar)	<b>Tiago HS2</b> (Hand Stand Class)	<b>CHEST 1</b>	<b>Nelson 9</b> (General Condition)
27 <sup>th</sup> Jan Wednesday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	<b>ALEX 1</b> (Condition)	<b>CHEST 1 + 6 PACK ABS 2</b>	<b>Nelson 9</b> (General Condition)	<b>Run 30'</b>
28 <sup>th</sup> Jan Thursday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	<b>CARMINDA 2</b> (Contemporary Dance Class)	<b>T25 Lower Focus</b>	<b>Nelson HS</b>	<b>Nelson 9</b> (General Condition)
29 <sup>th</sup> Jan Friday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	<b>Andrey BT4</b> (Ballet Bar)	<b>CHEST 1 + 6 PACK ABS 2</b>	<b>Nelson 9</b> (General Condition)	<b>Run 30'</b>

ENJOY !



ACRO CLUBE DA MAIA

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