



International Circus School

www.saltocircus.com

WEEK TRAINING PLAN

11th May to 15th May

Day	Warm-up	Specific	General 1	General 2	Extra
11 th May Monday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	CARMINDA 1 (Contemporary Dance Class)	CHEST 1 + 6 PACK ABS 2	Nelson 9 (General Condition)	Run 30'
12 th May Tuesday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Andrey GR4 (Ground Bar)	Tiago HS2 (Hand Stand Class)	CHEST 1	Nelson 9 (General Condition)
13 th May Wednesday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	ALEX 1 (Condition)	CHEST 1 + 6 PACK ABS 2	Nelson 9 (General Condition)	Run 30'
14 th May Thursday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	CARMINDA 2 (Contemporary Dance Class)	T25 Lower Focus	Nelson HS	Nelson 9 (General Condition)
15 th May Friday	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Andrey BT4 (Ballet Bar)	CHEST 1 + 6 PACK ABS 2	Nelson 9 (General Condition)	Run 30'

**ENJOY !
LAST WEEK !!!!**



ACRO CLUBE DA MAIA

Phone: (+351) 229 410 731 / (+351) 919 197 755 • Email: saltocircus@gmail.com
Adress: Rua de Almorode, 185, C - 4470-231 - MAIA - PORTUGAL



ENTIDADE FORMADORA CERTIFICADA