



International Circus School

www.saltocircus.com

## WEEK TRAINING PLAN

27th April to 1<sup>st</sup> May

Day	Warm-up	General	Specific	Extra
27 <sup>th</sup> April	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Nelson 7 (General condition)	BUSSOLA CLASS (ZOOM Platform)	
28 <sup>th</sup> April	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Nelson 7 (General condition)	Andrey GR2 (Ground Bar)	Sara Stretch (Hips and Hamstrims)
29 <sup>th</sup> April	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Nelson Super	CARMINDA 1 (Contemporary Dance Class)	Run 30'
30 <sup>th</sup> April	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Nelson 7 (General condition)	Andrey BT2 (Ballet Bar)	Sara Yoga
1 <sup>st</sup> May	Warm Up 1 (Shawn-t 10 min + Flexibility) Follow the video	Nelson 7 (General condition)	Tiago HS1 (Hand Stand Class)	Run 30'

ENJOY !

BE PREPARED FOR THE FUTURE !



ACRO CLUBE DA MAIA

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