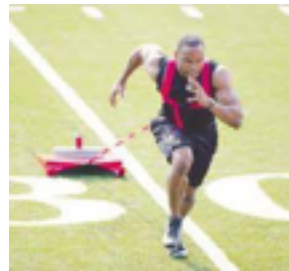






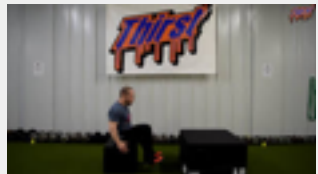
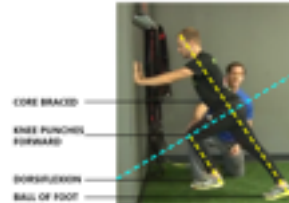



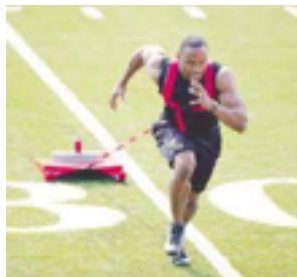




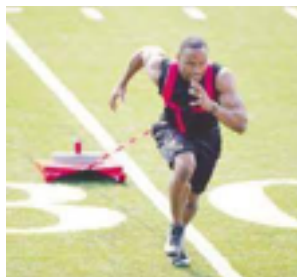

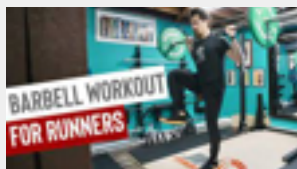
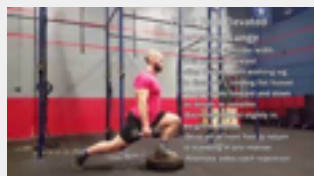


GYM 4 - WEEK 1

BEST CMJ: AVG, MAX AND SPEED TO:	LOAD:	EXPLANATION	
DAY 1			
5 X (30 M PULLING 50% BW PESADOS) + 12 JUMPS BOUNCING PULLING 20% BW			
4 X (4 REP (130% BW)1/2 SQUAT + COMBINATION HURDLES - BOX 10 JUMPS.) (Diferents types of contraction)			
3 X (12 REP EACH BALANCE BOSU ONE LEG + RUNNING FIT BALL 30 SEC)			
DAY 2			
4 X (6 REP HIP EXTENSION ON LEG + 2 JUMPS A HIGHER BOX + 4 JUMPS FEET AIR DUMBLES + 2 JUMPS A HIGHER BOX)			
3 X (12 REP FEET ELEVATED CALF RAISES /50%BW) + LITTLE HURDLES + 8 REP HIP FLEXORS PULLEY)			
4X (30 M PULLING 40% BW PESADOS) + 12 JUMPS BOUNCING			

BEST CMJ: AVG, MAX AND SPEED TO:	LOAD:	EXPLANATION	
DAY 3			
4X (30 M PULLING 30% BW PESADOS) + 6 JUMPS BOX TO BOX (FAR)			
4 X(4 REP BACKWARD TROUGH BALL + 3 CLEAN MAX (1 REP EACH TIME) + 2 KNEE JUMPS TO STAND)			
4 X (5m RUN + 3 JUMPS RIGTH - 3 JUMPS LAFT+ 5 m RUN + 3 JUMPS LEFT - 3 JUMPS RIGTH+ 5 m RUN)			
DAY 4			
4X (30 M PULLING 25% BW + 12 JUMPS BOUNCING ASSISTED ELASTIC)			
4 X (20 SEC SKPIING WITH 20 KG + 12 SEC FRONT FOOT ELEVATED ALTERNATIV JUMPS REAR LEG EXTENDED)			
4 X 50M (WEIGHT VEST 6 KG) GOAL STRIDE		