INTERNATIONAL TEAM

**OUR CIRCUIT:**

**\*COORDINATOR – MARC RAMOS**

**\*SPEAKER – ADRIAN JORDAN**

**\*COMPUTER – EMERSON BLANZA**

**\*SECRETARY – EMERSON BLANZA**

**\*INVENTOR– ATHOS PHILALITHES**

**EXS : ALL BODY (CHOOSE ONE)**

* **GAC**
* **UPPER BODY**
* **LOWER BODY**

**· PRINCIPAL MATERIAL: TIRES ELASTIQUES …**

**· HOW MANY REPS , AND HOW MANY TIME TO REST –**

**· CLASS IN GROUPS**

**·EXS 1: ABS - Abdominals**

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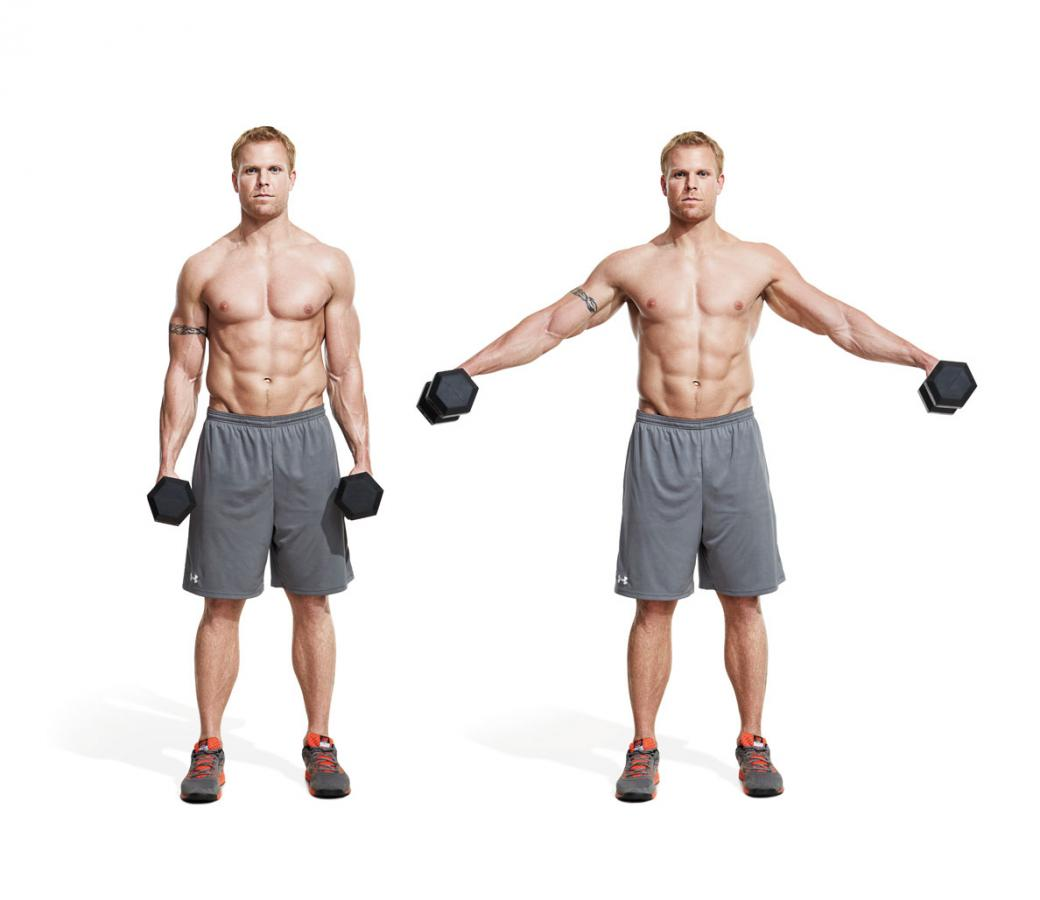
**·EXS 2: BICEPS WITH ELASTICS TAPE - biceps**

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**·EXS 3: NORMAL PLANC - abdomiales, gluteos, obliquos**

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**·EXS 4: SHOULDERS WITH DUMBBELS (DUMBBLES NO, BALLS) - pectoral, triceps, hombro**

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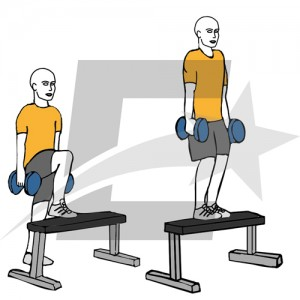
**·EXS 5: ABS LIFTING LEGS. - abdominal inferior**

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**·EXS 6: PUSH-UPS OF SHOULDERS. - hombro,**

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**·EXS 7:BENCH EXCERCICE (NO DUMBBLES, A STICK) - quadriceps**

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**·EXS 8: PUSH-UPS. - biceps, deltoide, pectoral**

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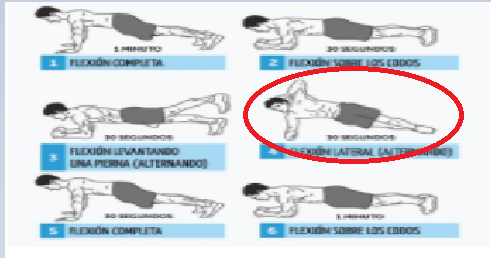
**·EXS 9: ABS TOUCH KNEE obliquos**

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**·EXS 10:Abdominal excercice(get up the low body) - abdominal inferior**

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**·EXS 11: PLANC STANDING ARM(DIFFERNTS EXCERCICES) - abdominales y obliquos**

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**·EXS 12: DIPPINGS - triceps, deltoide, hombro**

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**ORDER OF THE CIRCUIT.**

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**·Cançons:**

**You don’t know me:** [**https://www.youtube.com/watch?v=PKB4cioGs98**](https://www.youtube.com/watch?v=PKB4cioGs98)

**Light it up:** [**https://www.youtube.com/watch?v=r2LpOUwca94**](https://www.youtube.com/watch?v=r2LpOUwca94)

**The spectre:** [**https://www.youtube.com/watch?v=wJnBTPUQS5A**](https://www.youtube.com/watch?v=wJnBTPUQS5A)

**Loyal:** [**https://www.youtube.com/watch?v=JXRN\_LkCa\_o**](https://www.youtube.com/watch?v=JXRN_LkCa_o)

**Believe:** [**https://www.youtube.com/watch?v=7wtfhZwyrcc**](https://www.youtube.com/watch?v=7wtfhZwyrcc)

**Bona feina!**

**Heu d'afegir alguna informació.**

**\* COORDINADOR - MARC RAMOS**

**¿Va a controlar el circuit, preparar-lo i posar el material al lloc?**

**\* SPEAKER - ADRIAN JORDAN**

**Va a parlar i explicar el circuit?**

**\* COMPUTADOR - EMERSON BLANZA**

**\* SECRETARI - EMERSON BLANZA**

**Va a controlar el temps? I pren notes sobre l'activitat?**

**\* INVENTOR: ATHOS PHILALITHES**

**Va a fer els exercicis de diferència?**

**· MATERIAL PRINCIPAL: TIRES ELASTIQUES (número?) De qualsevol altre material? 🤔**

**· QUAN MANY REPS, I QUALSEVOL TEMPS DE RESTA -**

**No l'heu omplert**

**· CLASSE EN GRUPS: treballes amb grups? Quanta gent?**

**Glòria**

**HELLO WE ARE THE INTERNATIONAL TEAM**

**HE ‘S ATHOS PHILATITES, HE MARC RAMOS,HE EMER BLANZA AND ME ADRIÁN JORDÁN**

**TO DO THE EXERCICES YOU NEED TO MAKE GROUPS OF 3 OR 4. AND YOU DO EVERY EXERCICE 2 TIMES OF 30 SECONDS EVERYONE.(YOU HAVE BREAKS OF 10 SECONDS FOR STATION )**

**WE ARE GOING TO EXPLAIN OUR CIRKIIT :**

**(3)· IN THE FIRST STATION YOU WERE GOING TO DO THE A NORMAL PLANC: YOU WORK THE ASS AND ABDOMINAL.**

**(6)·IN THE SECOND STACION YOU WERE GOING TO DO PUSH UPS OF SHOULDERS: YOU WORK THE SHOULDER.**

**(8) ·NEXT YOU ARE GOING TO DO PUSH-UPS: YOU WORK BICEPS,DELTOID,PECTORAL**

**AT THE 4th.**

**(4) ·you are going SHOULDERS WITH DUMBBELS: you work Pectoral triceps shoulder**

**(7)·IN THE NEXT STATION, Y’ALL ARE GONNA DO BENCH EXERCISES, WITH A STICK BEHIND OUR SHOULDERS. YOU WORK THE QUADRICEPS.**

**(2)· TO CONTINUE WITH THE CIRCUIT YOU ARE COME TO DO BICEPS WITH ELASTIC TAPES:YOU WORK (BICEPS)**

**(5)· IN THIS STATION, Y’ALL ARE GOING TO DO ABS LIFTING LEGS. YOU WORK THE INFERIOR ABDOMINAL.**

**(9) ·AT THE 8 EXCERCICES YOU DO ABS BUT TOUCHING THE KNEE:YOU WORK (LATERAL ABS)**

**(11) ·AT THE NEXT YOU ARE TO DO FLEXIBLE LATERAL ABDOMINAL:YOU WORK (ABDOMINALS)**

**(12) ·AT THE 10th STACION YOU DO dippings: YOU WORK (triceps, deltoid, shoulder)**

**(10) ·At THE 11th STATION YOU DO Planc in one arm. Then you change your arm. You work obliquos**

1. **·AT THE 12th STATION YOU DO dippings: you go down flexing your arms. You work triceps deltoide shoulder**