
	1	2	3	4
	<b>RUN</b>	<b>S</b>	<b>ROPE</b>	<b>P-BAG</b>
	<b>3</b>	<b>2</b>	<b>2</b>	<b>2</b>
5	6	7	8	9
<b>GND</b>	<b>ROPE</b>	<b>P-BAG</b>	<b>S</b>	<b>RUN</b>
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>
10	11	12	13	14
<b>MSB</b>	<b>ROPE</b>	<b>P-BAG</b>	<b>MSB</b>	<b>GND</b>
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>
15	16	17	18	19
<b>MSK</b>	<b>S</b>	<b>GND</b>	<b>P-BAG</b>	<b>RUN</b>
<b>2</b>	<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>
20	21	22	23	
<b>S</b>	<b>ROPE</b>	<b>MSK</b>	<b>RUN</b>	
<b>2</b>	<b>2</b>	<b>2</b>	<b>3</b>	

**50' SOFT-GYM  
MINUTES PROGRAM  
(FAST-GYM-WORKOUT)**



50

8	<b>P-BAG</b>	<b>Punching BAG</b>
8	<b>ROPE</b>	<b>Boxing ROPE</b>
8	<b>S</b>	<b>Stretching</b>
12	<b>RUN</b>	<b>RUNNING</b>
6	<b>GND</b>	<b>Ground-Workout</b>
4	<b>MSK</b>	<b>Mirror Shadow kickboxing</b>
4	<b>MSB</b>	<b>Mirror Shadow Boxing</b>