

4 - RESISTANCE -	TIME	MOVEMENTS
REPS:	<b>1'45"W/15"R</b>	1: JUMPING JACKS [X10]
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT		2: OPEN LEGS PUSH UPS [X4]

**1 MINUTE PAUSE**

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	<b>4' SLOW + 1' FAST</b>	1: 2 REPES BACK + 1 FRONT
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.		6 MOVEMENTS
	3: 2 TIMES DIAGONAL	
	4: ALTERN TOUCH ON THE FLOOR	
	5: ARMS COMBINATION	
		6: KNEE UP

**1 MINUTE PAUSE**

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	<b>45"W/15"R</b>	1: SQUAT 90° + 45°
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE/AT THE "CHANGE" CHANGE THE MOVEMENT		2: PUSH UPS ON KNEE 90° + 45°

**1 MINUTE PAUSE**