

4 - RESISTANCE -	TIME	MOVEMENTS
SURPRISE:	5"W	1: RUSSIAN TWIST
DON'T EXPLAIN THE MOVEMENTS TO THE CLASS		5 MOVEMENT 1 ROUND
	3: SIDES CT	
	4: HIPS UP	
		5: JOGGING KNEE

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW + 1' FAST	1: CLOSED SQUAT + LUNGE BACK
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.		6 MOVEMENTS
	3: TOUCH KNEE & ARMS UP	
	4: OPEN TO SIDE & TURN SIDE	
	5: ARMS COMBINATION	
		6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
EXPLOSIVE:	45"W/15"R	1: FROM CLOSED SQUAT JUMP TO OPEN & REVERSE
THE INITIAL PHASE OF CONTRACTION IS PERFORMED AT MAXIMUM SPEED		2 MOVEMENTS 3 ROUNDS

1 MINUTE PAUSE