

4 - RESISTANCE -	TIME	MOVEMENTS
SURPRISE:	5"W	1: TWIST
DON'T EXPLAIN THE MOVEMENTS TO THE CLASS		2: JUMPING JAKC
	3: 3 REPEATERS DIAMOND	
	4: 3 FLUTTERS & STOP	
	5 MOVEMENT 1 ROUND	5: 3 JOGGING KNEE & STOP

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW + 1' FAST	1: 2 REPS OPEN SQUAT + 2 REPS CLOSED SQUAT
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.		2: FRONT & BACK JUMPS ONE LEG
	3: LIFT SIDE & BODY TURN	
	4: OPEN TO SAME SIDE 2 TIME	
	5: ARMS COMBINATION	
	6: KNEE UP	
	6 MOVEMENTS	

1 MINUTE PAUSE

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

1 MINUTE PAUSE