

4 - RESISTANCE -	TIME	MOVEMENTS
REPS:	1'45"W/15"R	1: SCISSORS + LUNGE [X4]
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT		2: OPEN LEGS PUSH UPS [X4]
	2 MOVEMENTS 3 ROUNDS	

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW + 1' FAST	1: 2 REPES CLOSED + 2 REPES OPEN
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.		6 MOVEMENTS
	3: KNEE UP - DIAGONAL - KNEE UP	
	4: OPEN SIDE - LEG BACK	
	5: ARMS COMBINATION	
	6: KNEE UP	

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	45"W/15"R	1: HALF PISTOLS
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE/AT THE "CHANGE" CHANGE THE MOVEMENT		2: TRICEPS ON KNEES
	2 MOVEMENTS 3 ROUNDS	

1 MINUTE PAUSE