

4 - RESISTANCE -	TIME	MOVEMENTS
REPS:	1' 45" W/15" R	1: [COMBO CRUNCH] X6
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT		2: [JUMPS SIDE] X6
	2 MOVEMENTS 3 ROUNDS	

**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: LIFT SIDE + SIDE	
	4: OPEN TO JUMP + PLANK	
	5: ARMS COMBINATION	
	6: KNEE UP	

**1 MINUTE PAUSE**

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	45"W/15"R	1: SHOULDERS
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE/AT THE "CHANGE" CHANGE THE MOVEMENT		2: PLANK
	2 MOVEMENTS 3 ROUNDS	

**1 MINUTE PAUSE**