

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

**1 MINUTE PAUSE**

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW + 1' FAST	1: LUNGE BACK SMALL - BIG
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.		6 MOVEMENTS
	3: LIFT SIDE 2 TIME	
	4: OPEN TO FLOOR	
	5: ARMS COMBINATION	
	6: KNEE UP	

**1 MINUTE PAUSE**

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	45"W/15"R	1: LUNGES + BICEPS
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE/AT THE "CHANGE" CHANGE THE MOVEMENT		2: CLOSED + OPEN PUSH UPS
	2 MOVEMENTS 3 ROUNDS	

**1 MINUTE PAUSE**