

4 - RESISTANCE -	TIME	MOVEMENTS
<b>LOW HIGH:</b>	<b>1' 30" W/15" R</b>	<b>LOW:</b> [FROM OPEN KNEE UP DOWN TO PLANK] <b>X4</b>
A SERIES OF SINGLE OR COMBINED MOVEMENTS MADE IN LOW OR HIGH IMPACT OR IN LOW OR HIGH INTENSITY	2 MOVEMENTS 3 ROUNDS	<b>HIGH:</b> [FROM OPEN LIFT LEG DOWN TO PUSH UPS] <b>X4</b>

**1 MINUTE PAUSE**

5 - COMPLEMENTARY -	TIME	MOVEMENTS
<b>COREOGRAPHY:</b>	<b>4' SLOW + 1' FAST</b>	<b>1:</b> 2 SQUAT REPS CLOSED + 2 OPEN
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	6 MOVEMENTS	<b>2:</b> COMBO JUMPS
		<b>3:</b> KNEE UP - LIFT SIDE
		<b>4:</b> DOWN TO TOUCH FLOOR 2 TIMES R - 2 TIMES L
		<b>5:</b> ARMS COMBINATION
		<b>6:</b> KNEE UP

**1 MINUTE PAUSE**

6 - STRENGTH -	TIME	MOVEMENTS
<b>ISOMETRIC-CHANGE:</b>	<b>45"W/15"R</b>	<b>1:</b> HALF PISTOLS
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE - AT THE "CHANGE" CHANGE THE MOVEMENT	2 MOVEMENTS 3 ROUNDS	<b>2:</b> V ABDS

**1 MINUTE PAUSE**