

4 - RESISTANCE -	TIME	MOVEMENTS
LOW HIGH:	1' 30" W/15" R	LOW: [JUMP OPEN CLOSE] X3
A SERIES OF SINGLE OR COMBINED MOVEMENTS MADE IN LOW OR HIGH IMPACT OR IN LOW OR HIGH INTENSITY	2 MOVEMENTS 3 ROUNDS	HIGH: [JUMP OPEN CLOSE + JUMP SQUAT] X3

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW + 1' FAST	1: 3 REPEATERS LUNGE BACK
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	6 MOVEMENTS	2: 4 SCISSORS + OPEN CROSS
		3: KNEE UP - LIFT BACK - KNEE UP
		4: HAND WALK R-L
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

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

1 MINUTE PAUSE