

4 - RESISTANCE -	TIME	MOVEMENTS
UP & DOWN:	1'45"W/15"R	UP: FROM OPEN LEGS 4 KNEE UP CROSS + 1 JUMP OPEN LEGS
A STANDING MOVEMENT IS REPRODUCED ON THE FLOOR		
	2 MOVEMENTS 3 ROUNDS	DOWN: FROM PLANK 4 KNEE CROSS OPEN SIDE + 1 JUMP ON HANDS

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW +1' FAST	1: SQUAT SMALL - BIG - CLOSED
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.		2: 4 CROS JUMPS CLOSED LEGS
	6 MOVEMENTS	3: LIFT LEG DIAGONAL & ROUND ARM
		4: DOWN TO LEG & TURN SIDE
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
CHANGE:	45"W/15"R	1: ON THE FLOOR V ABDS "CHANGE" LEGS
AT THE "CHANGE" CHANGE THE MOVEMENT		
	2 MOVEMENTS	2: SAME LEG LUNGES FRONT BACK "CHANGE" LEG
	3 ROUNDS	

1 MINUTE PAUSE