

4 - RESISTANCE -	TIME	MOVEMENTS
UP & DOWN:	<b>1'45"W/15"R</b>	<b>UP:</b> SQUAT SINGLE R/L + 3 REPS R/L
A STANDING MOVEMENT IS REPRODUCED ON THE FLOOR	2 MOVEMENTS 3 ROUNDS	<b>DOWN:</b> SINGLE PUSH UP R/L + 3 REPS R/L

**1 MINUTE PAUSE**

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	<b>4' SLOW</b>	<b>1:</b> 3 LUNGES REPS
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	<b>+1' FAST</b>	<b>2:</b> 3 JUMPS + OPEN CLOSE
	6 MOVEMENTS	<b>3:</b> LIFT SIDE LEG + SINGLE KNEE + SIDE LEG
		<b>4:</b> BURPEES X 2
		<b>5:</b> ARMS COMBINATION
		<b>6:</b> KNEE UP

**1 MINUTE PAUSE**

6 - STRENGTH -	TIME	MOVEMENTS
CHANGE:	<b>45"W/15"R</b>	<b>1:</b> CLOSED SQUAT "CHANGE" OPEN SQUAT
AT THE "CHANGE" CHANGE THE MOVEMENT	2 MOVEMENTS	<b>2:</b> TRICEPS PUSH UPS "CHANGE" PUSH UPS
	3 ROUNDS	

**1 MINUTE PAUSE**