

4 - RESISTANCE -	TIME	MOVEMENTS
REPS:	1'45"W/15"R	1: ALTERN SCISSORS + OPEN CLOSE X4
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT	2 MOVEMENTS 3 ROUNDS	2: ALTERN ELBOW PLANK X4

1 MIN RESTING TIME

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW + 1'	1: COMBO SQUAT: CLOSED - OPEN - BACK
COMPLEX MOVEMENTS	FAST	2: JUMP ARM UP 2 R/2 L
REPEAT 4 TIMES, SIMPLE 6		3: BALANCE UP ON HEELS BY THE SIDE
TIMES BEFORE MOVING TO	6 MOVEMENTS	4: TOUCH 2 TIMES R - 2 TIMES L
THE NEXT MOVEMENT.		5: ARMS COMBINATION
		6: KNEE UP

1 MIN RESTING TIME

6 - STRENGTH -	TIME	MOVEMENTS
NEGATIVE:	45"W/15"R	1: BICEPS - UP - SLOW FRONT DOWN
THE EXECUTION OF THE ECCENTRIC PHASE MOVEMENT MUST BE SLOW. THE OBJECTIVE OF THIS PROTOCOL IS TO WORK THE ECCENTRIC PHASE.	2 MOVEMENTS 3 ROUNDS	2: DIAMOND

1 MIN RESTING TIME