

4 - RESISTANCE -	TIME	MOVEMENTS
REPS:	<b>1'45"W/15"R</b>	<b>1: OPEN SQUAT + CALF X4</b>
MAKE A NUMBERS OF REPETITIONS OF A MOVEMENT	2 MOVEMENTS 3 ROUNDS	<b>2: PUSH UPS X10 REPS</b>

1 MIN RESTING TIME

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	<b>4' SLOW +</b>	<b>1: COMBO SQUAT: SMALL - BIG - CLOSED</b>
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	<b>1' FAST</b>	<b>2: COMBO JUMPS</b>
	6 MOVEMENTS	<b>3: KNEE UP + BALANCE BACK</b>
		<b>4: 2 BURPEES</b>
		<b>5: ARMS COMBINATION</b>
		<b>6: KNEE UP</b>

1 MIN RESTING TIME

6 - STRENGTH -	TIME	MOVEMENTS
NEGATIVE:	<b>45"W/15"R</b>	<b>1: OPEN SQUAT - SLOW DOWN</b>
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	<b>2: PUSH UP</b>

1 MIN RESTING TIME