

4 - RESISTANCE -	TIME	MOVEMENTS
NUMERICAL REDUCTION OF THE PROPOSED MOVEMENTS	6'W 6-4-2	UP: DOWN TO PLANK & UP
	2 MOVEMENTS 1 ROUND	DOWN: ABDS TO TOUCH FRONT

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW +	1: 2 REPEATERS LUNGES SAME LEG
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	1' FAST	2: 4 ALTERN JUMPS CLOSED LEGS + 2 NO ALTERN
	6 MOVEMENTS	3: KNEE UP/BACK/UP
		4: 2 TIMES TOUCH FLOOR SAME LEG
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	45"W/15"R	1: ROW CALF AT CHANGE LIFT FRONT ARMS
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE + AT THE "CHANGE" CHANGE THE MOVEMENT	2 MOVEMENTS 3 ROUNDS	2: UP ON ARMS AT CHANGE V ABDS

1 MINUTE PAUSE