

| 7 - SPEED -                            | TIME                    | MOVEMENTS    |
|--|-------------------------|--------------|
| CHANGE:                                | 30" [15"-15"]W<br>15"R  | 1: KICKS     |
| AT THE "CHANGE" CHANGE<br>THE MOVEMENT | 2 MOVEMENTS<br>5 ROUNDS | 2: REPEATERS |

### 1 MINUTE PAUSE

| 8 - RESISTANCE -                           | TIME                   | MOVEMENTS                |
|--|------------------------|--------------------------|
| SURPRISE:                                  | 5"W                    | 1: JUMPING JACKS         |
| DON'T EXPLAIN TO THE<br>CLASS THE MOVEMENT | 5 MOVEMENTS<br>1 ROUND | 2: DIAMOND TRICEPS       |
|  |                        | 3: 3 ALTERN JUMPS        |
|  |                        | 4: DIAGONAL CRUNCH       |
|  |                        | 5: STEP SIDE TOUCH FLOOR |

### 1 MINUTE PAUSE

| 9 - COOL DOWN - | TIME | MOVEMENTS  |
|-----------------|------|--|
|                 | 3'   | WALK - BREATH - DINAMIC STRETCHING<br>MOBILITY - CALM DOWN |