

4 - RESISTANCE -	TIME	MOVEMENTS
NUMERICAL REDUCTION OF THE PROPOSED MOVEMENTS	6'W 6-4-2	UP: JUMP FRONT/BACK
	2 MOVEMENTS 1 ROUND	DOWN: OPEN LEGS PUSH UPS

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW +	1: 2 SQUAT REPS CLOSED + 2 SQUAT REPS OPEN
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	1' FAST	2: 3 SCISSORS + 3 OPEN CLOSE + 1 JUMP
	6 MOVEMENTS	3: 2 TIMES DIAGONAL SAME LEG
		4: WALK ON THE FLOOR
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	45"W/15"R	1: LUNGE R AT CHANGE LUNGE L
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE + AT THE "CHANGE" CHANGE THE MOVEMENT	2 MOVEMENTS 3 ROUNDS	2: UP ON POINT AT CHANGE HANDS BACK

1 MINUTE PAUSE