

| 7 - SPEED - | TIME | MOVEMENTS |
|--|-------------------------|------------------|
| CHANGE: | 30" [15"-15"]W 15"R | 1: RUSSIAN TWIST |
| AT THE "CHANGE" CHANGE THE MOVEMENT | 2 MOVEMENTS 5 ROUNDS | 2: FLUTTERS |

1 MINUTE PAUSE

| 8 - RESISTANCE - | TIME | MOVEMENTS |
|--|------------------------|--------------------|
| SURPRISE: | 5"W | 1: JUMPS R - L |
| DON'T EXPLAIN TO THE CLASS THE MOVEMENT | 5 MOVEMENTS 1 ROUND | 2: PUSH UPS |
| | | 3: OPEN JUMP CROSS |
| | | 4: ABDS COMBO LEGS |
| | | 5: SCISSORS SIDE |
| | | |

1 MINUTE PAUSE

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