

4 - RESISTANCE - DON'T STOP	TIME	MOVEMENTS
NO PAUSE WORKOUT	5' W	1: FROM OPEN 2 STEP SIDE [X3] - JUMP UP - DOWN TO 3 PUSH UPS - SAME TO LEFT
	1 MOVEMENT 1 ROUND	

**1 MINUTE PAUSE**

5 - COMPLEMENTARY - COREOGRAPHY:	TIME	MOVEMENTS
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	4' SLOW + 1' FAST	1: 2 CLOSED SQUAT + 2 OPEN REPEATERS (X2)
		2: 4 JUMPS SIDE CLOSED + 2 OPEN CLOSED
	6 MOVEMENTS	3: LIFT LEG & BODY Tourn
		4: WALK HANDS CLOSED LEGS
		5: ARMS COMBINATION
		6: KNEE UP

**1 MINUTE PAUSE**

6 - STRENGTH - ISOMETRIC:	TIME	MOVEMENTS
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE	45"W/15"R	1: PARALEL SQUAT
	2 MOVEMENTS 3 ROUNDS	2: L

**1 MINUTE PAUSE**