

4 - RESISTANCE - DON'T STOP	TIME	MOVEMENTS
NO PAUSE WORKOUT	5' W	1: FROM OPEN 3 REPS LUNGES [R-L] - OPEN JUMP TO FRONT - 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: CLOSED SQUAT + KNEE UP
		2: SINGLE JUMPS [X4] + OPEN CLOSE
	6 MOVEMENTS	3: KNEE - FLOOR - KNEE
		4: TOUCH FLOOR
		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: CALF BICEPS
	2 MOVEMENTS 3 ROUNDS	2: PLANK FLEX

1 MINUTE PAUSE