

4 - RESISTANCE -	TIME	MOVEMENTS
UP & DOWN/DONT STOP:	5"W	UP: COMBO JUMPS
A STANDING MOVEMENT IS REPRODUCED ON THE FLOOR/NO PAUSE WORKOUT	2 MOVEMENTS 1 ROUND	DOWN: SAME FROM PLANK

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: 3 REPEATERS LUNGE FRONT + 2 SQUAT SIDE
		2: JUMP TO SIDE + FRON BACK [2]
	6 MOVEMENTS	3: BALANCE LEG BACK
		4: FROM LUNGE SIDE GO TO PLANK
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
EXPLOSIVE:	45"W/15"R	1: SWING
THE INITIAL PHASE OF CONTRACTION IS PERFORMED AT MAXIMUM SPEED		2: PUSH UPS + SINGLE ARMS ROW
	2 MOVEMENTS 3 ROUNDS	

1 MINUTE PAUSE