

7 - SPEED -	TIME	MOVEMENTS
REACTIONS:		
AT THE SOUND CHANGE THE MOVEMENT	1'W/ 15"R	WAITING LUNGE POSITION: 5 ALTERN SCISSORS
	2 MOVEMENTS 2 ROUNDS	WAITING KNEE UP ARMS UP: 5 SKIPPING

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
CHANGE:		
AT THE "CHANGE" CHANGE THE MOVEMENT	5'W	1: SIDE TO SIDE
	3 MOVEMENTS 1 ROUND	2: 3 RUSSIAN TWIST
		3: JUMPING KNEE UP [X2] SAME LIFT

1 MINUTE PAUSE

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