

4 - RESISTANCE -	TIME	MOVEMENTS
UP & DOWN/DONT STOP:	5"W	UP: 5 JUMPING JAKS [2]
A STANDING MOVEMENT IS REPRODUCED ON THE FLOOR/NO PAUSE WORKOUT	2 MOVEMENTS 1 ROUND	DOWN: SAME FROM PLANK + PUSH UP TRICEPS

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: FROM SQUAT CLOSED COMBO POINTS - HEELS 2: DIAGONAL JUMP
	6 MOVEMENTS	3: BALANCE LEG SIDE 4: WALKING HANDS 5: ARMS COMBINATION 6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
EXPLOSIVE:	45"W/15"R	1: ROW
THE INITIAL PHASE OF CONTRACTION IS PERFORMED AT MAXIMUM SPEED	2 MOVEMENTS 3 ROUNDS	2: LUNGES + JUMP CLOSE

1 MINUTE PAUSE