

7 - SPEED -	TIME	MOVEMENTS
REACTIONS:		
AT THE SOUND CHANGE THE MOVEMENT	1'W/ 15"R	WAITING OPEN SQUAT: 3 REPS OPEN KNEE UP
	2 MOVEMENTS 2 ROUNDS	WAITING PLANK: 2 REPS PUSH UPS

1 MINUTE PAUSE

8 - RESISTANCE -	TIME	MOVEMENTS
CHANGE:		
AT THE "CHANGE" CHANGE THE MOVEMENT	5'W	1: FROM PLANK KNEE R-L
	3 MOVEMENTS 1 ROUND	2: JUMP SQUAT SIDE TO SIDE
		3: DIAGONAL CRUNCH

1 MINUTE PAUSE

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