

4 - RESISTANCE -	TIME	MOVEMENTS
LOW-HIGH	1'30" W/15"R	LOW: FRONT - SIDE - BACK - CLOSED
A MOVEMENT AT LOW INTENSITY REPEATED AT HIGH INTENSITY	2 MOVEMENTS 3 ROUNDS	HIGH: SAME ON SQUAT/LUNGES

1 MIN RESTING TIME

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 REPS CLOSED SQUAT + 2 + SINGLE
		2: 3 JUMPS TO THE SIDE
	6 MOVEMENTS	3: DIAGONAL 2 TIMES
		4: BURPEES PLANK NO JUMP
		5: ARMS COMBINATION
		6: KNEE UP

1 MIN RESTING TIME

6 - STRENGTH -	TIME	MOVEMENTS
ISOMETRIC/CHANGE:	45"W/15"R	1: HALF PISTOLS R/L
MUSCULAR CONTRACTION WITHOUT MOVEMENT OF THE SAME MUSCLE AND AT THE "CHANGE" CHANGE MOVEMENT	2 MOVEMENTS 3 ROUNDS	2: DIAMOND

1 MIN RESTING TIME