

4 - RESISTANCE -	TIME	MOVEMENTS
PYRAMID/; DON'T STOP	6'W	1: 3 SIDE SKIP + LUNGE BACK [6-4-2]
NUMERICAL REDUCTION OF THE PROPOSED MOVEMENTS/NO PAUSE WORKOUT	2 MOV	2: DIAGONAL REPEATERS [6-4-2]
	1 ROUND	

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW	1: 2 SQUAT REPEATERS - 2 LUNGES BACK REPEATERS
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	6 MOV	2: JUMP SIDE TO SIDE X4 + OPEN CLOSE
		3: LIFT SIDE KNEE
		4: TOUCH FLOOR & TURN SIDE
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

6 - STRENGTH -	TIME	MOVEMENTS
EXPLOSIVE:	45"W/15"R	1: CLOSED SQUAT + OPEN / OPEN SQUAT + CLOSE
THE INITIAL PHASE OF CONTRACTION IS PERFORMED AT MAXIMUM SPEED	2 MOV	2: V ABDS
	3 ROUNDS	

1 MINUTE PAUSE