

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 1 ROUND	2: DIAGONAL REPEATERS [6-4-2]

1 MINUTE PAUSE

5 - COMPLEMENTARY -	TIME	MOVEMENTS
COREOGRAPHY:	4' SLOW	1: FROM CLOSED SQUAT LUNGE SIDE
COMPLEX MOVEMENTS REPEAT 4 TIMES, SIMPLE 6 TIMES BEFORE MOVING TO THE NEXT MOVEMENT.	+ 1' FAST	2: 3 SCISSORS + 2 JUMPS UP
	6 MOV	3: LIFT SIDE & TURN BODY
		4: TOUCH FLOOR 2 TIMES SAME LEG
		5: ARMS COMBINATION
		6: KNEE UP

1 MINUTE PAUSE

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

1 MINUTE PAUSE