

LEZIONE N° 01 JANUARY 2020 Y

1. WARM UP – Time: 8' | Equipment: BW

- Run in the space AND **G12-G13-G14-G15-G16-G17** 3X10m

2. KINESTHETIC CONTROL – Time: 10' | Equipment: Box, Tennis Ball, Speed ladder

- **F34**- Kinesthetic control: plank to 90° on the box
- **F35** - Kinesthetic control / coupling: the waiter with speed ladder

3. RYTM– Time: 7' | Equipment: BW, music

- **CHECK WITH PROGRESS TABLE 10** During the progression try to do exercises with music or hand's clap

4. ENDURANCE (General)– Time: 12' | Equipment: BW

- Shuttle run **E03** team of 2 LADDER 1-10 + 1-5

5. WORKOUT – Time: 14' | Equipment: BW, Box, Bar or rings

W/R 40''-15'' 3X

- MOUNTAINCLIMBING **E11**
- PUSH UP **C01**
- ISOMETRIC PULL-UP **A01**
- BOX JUMP **B03**

6. MOBILITY – Time: 4' | Equipment: BW

- **M06, M11, M16** 2x20'' / 30''

7. GAME: Time: 3' | Equipment: Hanky

- **I07** - GAME: HANKY (Fazzoletto) change start position



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