

## LEZIONE N° 03 JANUARY 2020 K

### 1. WARM UP – Time: 10' | Equipment: Cone

- Run in difference direction 1' (introduce some frog jump)
- **F03** Plank game 1'

### 2. STRENGTH – Time: 15' | Equipment: BW, bar

In the specific warm up and technique, please use **CHECK WITH PROGRESS TABLE 03-01)**

4/5 set of 5/7 reps and 10''

- **C01** Push up
- **D14** Hollow Body Position / or **D11** L-sit

### 3. TRASFORMATION + COUPLING– Time: 10' | Equipment: Hurdles, obstacles, TB

Combine with W/R method these 2 exercises 1' - 1', 4x

- **F05** Run with obstacles and hurdles
- **F16** skip + tennis ball

### 4. WORKOUT– Time: 12' | Equipment: Bar, mat, med ball or ball, box

Organize agility workout 8' in your space with these exercises:

- 5 PULL UP **A08**
- 5 BOX JUMP **B03**
- 5'' HEAD STAND TO THE WALL **H01**
- 5 WALL BALL **B04**
- 2 SOMERSAUERLT **H02**
- 3 DIFFERENT ANIMALS

### 5. MOBILITY – Time: 5' | Equipment: BW

- **M13, M14, M15** 2x20'' / 30''

### 6. GAME: Time: 4' | Equipment: E-Cube

- **F12** Tower game

Give me **5**



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