

## LEZIONE N° 04 JANUARY 2020 k

### 1. WARM UP – Time: 6' | Equipment: Ball

- **I06 Dodgeball** (1x run + 3 burpees every mistake)

### 2. TECHNIQUE – Time: 10' | Equipment: BW

please use **CHECK WITH PROGRESS TABLE 05**

- WORK ON HEAD & HAND STAND
- WORK ON ROPE CLIMB TECHNIQUE

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

- **M17, M19** 2x20'' / 30''

### 4. ACROBATIC – Time: 10' | Equipment: Fit ball

- **H07** Bridge with fitball
- **H08** Somersault with fitball

### 5. WORKOUT – Time: 12' | Equipment: speed ladder, box

**AMRAP 9'**

- 10m SNAKE **G04**
- 5 V-PUSH UP **C05**
- 10 K2C **H01**
- 10 LUNGE **B02**
- 2 TIMES SKIP WITH SPEED LADDER **G11**

### 6. ENDURANCE (GENERAL) – Time: 9' | Equipment: Jump rope

4X30''

- Jump rope **E02**
- Run
- **I04** Dog to crab GAME

### 7. GAME: Time: 4' | Equipment: BW

- **I13** Game of tag in circle

Give me  5



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