

## LEZIONE N° 06 JANUARY 2020 Y

### 1. WARM UP – Time: 4' | Equipment: BW

- Combine Run and these exercises: **G08 – G13-G15-G19-G05-G03**

### 2. STRENGTH LEG-PULL – Time: 13' | Equipment: Bar or ring, loop band

please **CHECK WITH PROGRESS TABLE 02-04**

and then do 4x5 of:

- **A01** – Pull Up strict / kip / with loop band
- **B07** - Balzo con riferimento

### 3. ENDURANCE : 6' | Equipment: Jump rope

**CHECK WITH PROGRESS TABLE 08**

Use this time to train endurance and cardio activity

### 4. ORIENTIRING / ACROBATIC– Time: 8' | Equipment: BW

Combine these exercises

- **F25** - Orienteering: turn & touch the wall
- **H04** - Acrobatic: hand stand revers to the wall

### 5. WORKOUT– Time: 17' | Equipment: Box, TB

**W/R 4X30''W 15''REST**

- **C02**- DIP BOX
- **D09** - CORE: RUSSIAN TWIST WITH BALL
- **E02** - JUMP ROPE
- **F33** - HAND/EYE COORD.: TB WALL

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

**M18, M01, M14, M17 2x20'' / 30''**

### 7. GAME – Time: 5' | Equipment: Marker

- **I05** - GAME: Turn the marker

Give me  5



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