

LEZIONE N° 06 JANUARY 2020 k

1. WARM UP – Time: 6' | Equipment: BW

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

2. STRENGTH LEG-PULL – Time: 15' | 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: 9' | Equipment: BW

Combine these exercises

- **F23** - Orienteering: walking to the wall
- **F25** - Orienteering: turn & touch the wall
- **H04** - Acrobatic: hand stand revers to the wall

5. WORKOUT– Time: 12' | Equipment: Box, TB

W/R 3X30''W 15''REST

- **C02**- DIP BOX
- **D09** - CORE: RUSSIAN TWIST WITH BALL
- **E06** - CARDIO: JUMP THE TURNING 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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