

LEZIONE N° 07 JANUARY 2020 k

1. WARM UP – Time: 6' | Equipment: BW

- **F13 Trasformation** Combine different walks. (Change also direction)

2. ACROBATIC – Time: 10' | Equipment: Fit ball

- **H06** - Acrobatic: hand stand + bridge with fitball
- **H07** - Acrobatic: bridge with fitball

3. TRASFORMATION : 6' | Equipment: Hurdles

- **F23** – Trasformation: mix hurdles

4. ENDURANCE – Time: 7' | Equipment: BW

- **B01** – Squat isometric + Run 10m (Ladder method, 2'' / 10m, 4'' / 20m, 6'' / 30m.....)5'

5. WORKOUT 1 – Time: 11' | Equipment: Ring, mat, Eboard

TIMED 6X 1' REST 15''

- **A08**- PULL UP JUMP / KIP
- **F34** - KINESTHETIC CONTROL: PLANK TO 90° ON THE BOX
- **E01** – BURPEES
- **F17** - EQUILIBRIO: E-BOARD BASE
- **D16** - CORE: REVERS PLANK CROSS
- **E02** - JUMP ROPE

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

M03, M04, M13, M15 2x20'' / 30''

7. GAME – Time: 10' | Equipment: ECUBE

- **F12** – TOWER GAME challenge, 2 team, please choose active rest (mountain climbing, jj, run, jump rope....)

Give me  5



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