

LEZIONE N° 08 JANUARY 2020 k

1. **WARM UP** – Time: 10' | Equipment: ECUBE, EBOARD, ELINE....

BALANCE exercise as warm up with equipment available.

Then **CHECK WITH PROGRESS TABLE 08**

2. **SPEED** – Time: 10' | Equipment: Speed ladder

- **G11** - SKIP with speed ladder 10x
- **E03** - Run as fast as you can 10x (10m+10m)

3. **COUPLING** : 6' | Equipment: Speed ladder + TB

- **F07** – Coupling skip with tennis ball

4. **MOBILITY** – Time: 5' | Equipment: BW

M09, M10, M01, M22, M23 2x20'' / 30''

5. **TECHNIQUE** – Time: 5' | Equipment: Rope Climb

- **A04** – Rope climb (please active rest)

6. **WORKOUT** – Time: 9' | Equipment: Bar / Ring , Rope climb

AMRAP 6'

- **D04** – K2C 10
- **C01** – PUSH UP 5
- **A04** – ROPE CLIMB BURPEES
- **B02** – LUNGE 10

7. **GAME** – Time: 10' | Equipment: TB

- **F33** – Hand/eye coord.: TB wall, organize challenge

Give me  5



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