

LESSON N° 03 FEBRUARY 2020 k

1. WARM UP – Time: 6' | Equipment: BW

- Mix walks & animal 5'

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

- **M24, M21** 2x20'' / 30''

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

- **H07** Bridge with fitball
- **H08** Somersault with fitball
- **A04** Rope Climb

5. WORKOUT – Time: 12' | Equipment: med ball / ktb,

AMRAP 9'

- **A06** – PULLING BODY 6/8m
- **C01** - PUSH UP 5
- **H01** - K2C 10
- **B01** – SQUAT MED BALL 10
- **E02** – JUMP ROPE 10/20

6. ENDURANCE (GENERAL) – Time: 9' | Equipment: bw

Team of 4: (work 6')

n°1 run, n°2 jumping jack, n°3 mountain climbing, n°4 rest

Every 4x10m change position

7. GAME: Time: 4' | Equipment: Baloons

- **I08** Baloon time



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