

## LEZIONE N° 02 FEBRUARY 2020 Y

1. **WARM UP – RYTM**– Time: 7' | Equipment: BW

**CHECK WITH PROGRESS TABLE 10**

2. **KINESTHETIC CONTROL** – Time: 8' | Equipment: Box, Tennis Ball, ball, baloon

2 group of kids

- **F34**- Kinesthetic control: plank to 90° on the box
- **F37** – BALL & BALOON

3. **WORKOUT 1 ENDURANCE (General)**– Time: 14' | Equipment: BW, ball

- Shuttle run 10m **E03** W/R ( 15''- 15'') 3'
- Dodgeball 2' **I06** (3 burpees or 2 somersault like penalty)
- Shuttle run 10m **E03** W/R ( 15''- 15'') 3'
- Dodgeball 2' **I06** (3 burpees or 2 somersault like penalty)

4. **TECHNIQUE TIME** - Time: 7' | Equipment: BW, ring, box

Work on precision of all the exercises in the workout

5. **WORKOUT 2** – Time: 10' | Equipment: BW, Box, Bar or rings

**W/R 30''-15'' 2X**

- SKIP TO THE WALL **E13**
- PUSH UP **C01**
- ROW RING **A05**
- BOX JUMP 1 leg **B11**

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

- **M02, M25, M28, M29** 2x20'' / 30''

7. **GAME**: Time: 3' | Equipment: Hanky

- **I11** – TEAM OF 2: UNDER THE PLANK CHALLENGE

Give me **5**



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