

## LEZIONE N° 04 FEBRUARY 2020 K

### 1. WARM UP – Time: 8' | Equipment: Markers

- 3x 1' Run & 1' **I05** - GAME: Turn the marker (2 team challenge)

### 2. STRENGTH – Time: 15' | Equipment: BW, bar

In the specific warm up and technique, please use **CHECK WITH PROGRESS TABLE 03-01)**

4/5 set of 5/7 reps and 10''

- **C01** Push up
- **D14** Hollow Body Position / or **D11** L-sit

### 3. TRASFORMATION– Time: 7' | Equipment: Hurdles, obstacles, steps, rope.....

- **F05** Shuttle run with obstacles every where (2 team, 5x 30''W-30''Rest, please choose active rest)

### 4. COUPLING– Time: 7' | Equipment: E-Board, TB

- **F18** Coupling & balance, e-board or different board with ball or tennis ball

### 5. WORKOUT– Time: 12' | Equipment: Bar, mat, med ball or ball, box

Organize agility workout 8' in your space with these exercises and with different walks or run when kids go to next station.

- 5 PULL UP (chin up) **A08**
- 5 BURPEES BOX JUMP **E15**
- 1 HAND STAND REVERS TO THE WALL **H04**
- 5 WALL BALL **B04**
- 2 SOMERSAUERLT **H02**
- 3 DIFFERENT ANIMALS

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

- COMBINE EASY SEQUENCE OF MOBILITY EXERCISES 5'

### 7. GAME: Time: 5' | Equipment: Clothespin

- **I01** Steal Clothespin



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