

LEZIONE N° 06 FEBRUARY 2020 Y

1. WARM UP – Time: 6' | Equipment: ECubes

- Combine Run and these exercises:
- **F14** Free walking on ECubes
- **F15** Walking with 2 ECubes

2. BALANCE – Time: 8' | Equipment: ECubes-TB

please use **CHECK WITH PROGRESS TABLE 09**

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

- **M06, M08, M10, M11** 2x20'' / 30''

4. CORE (KINEST. CONTROL)– Time: 7' | Equipment: Paper, ECubes

- **D08** Block Paper 4x30'' with more difficult (trainer or kids pull & puh legs)
- **F11** Tower game team competition (with different walks when kids come back)

5. SPEED– Time: 10' | Equipment: Speed ladder

Combine these exercises

- **G11** SKIP lateral with speed ladder + 5+10m 10x

6. WORKOUT– Time: 10' | Equipment: bar or ring, med ball

CIRCUIT 4X (complete circuit with rope jump until last kids conclude the circuit)

- 10 THRUSTER MED BALL **B06**
- 5 V-PUSH UP **C05**
- 10m SNAKE **G04**
- 10m SLALOM RUN **E09**
- 10m LUNGE with KTB or MED BALL **B02**
- 10 K2C **D04**

7. FOOD & NUTRITION LESSON 10' & GAME:

Give me  5



WhatsApp: +44 7874 389203

ecrosskids.com

info@ecross-sport.com

VAT n°: 280270421
Beaumont House 1B Lambton Road - London - England - SW20 0LW