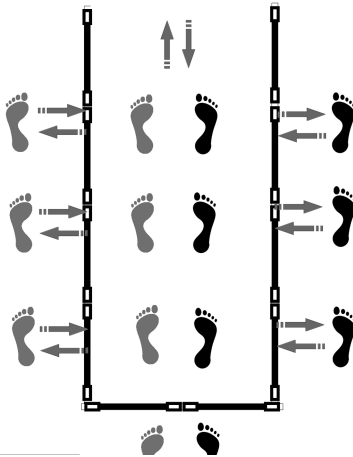


**Form #12, Exercise #1**



**Form:** 4 segments straight, 2 in the middle

**Training goals:** fast coordination



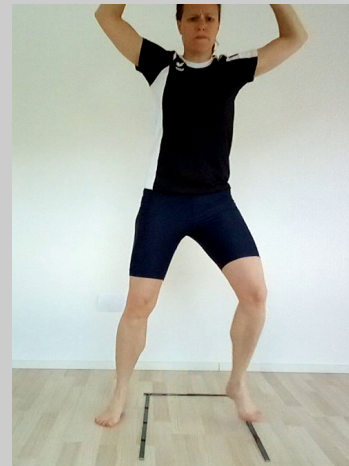
**Tabata Music:** 192 bpm

SoundCloud: Anton Radev, House Tabata (Coach)

Video link:  
Details



Video link:  
short



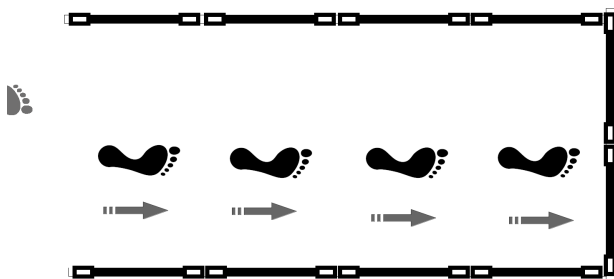
Arms on the body side, „goal-keeper position“, **Elbow on shoulder height**, step order „out-out-in-in“,



**Points for self check**

upper body upright, movement only from leg dynamics

**Form #12, Exercise #2**



**Form:** 4 segments straight, 2 in the middle

**Training goals:** dynamic strength, precision in target movement



**Tabata Music:** 162 bpm

SoundCloud: A. Radev, House Mix Tabata

Video link:  
short



Arms in „goal-keeper-position“, make a step forward, each step a bit longer, **8x** with same leg, gently and flexible steps with „soft landing“



**Points for self check**

Knee angle max. 90°, precise foot placement