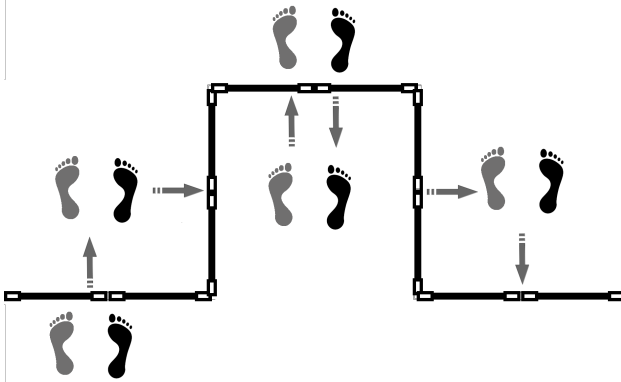


**Form #1, Exercise #1**



**Form:** two segments straight

**Training goal:** fast leg movement



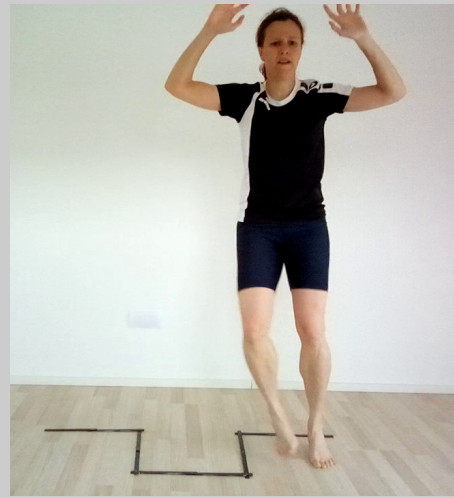
**Tabata Music:** 192 bpm

SoundCloud: Anton Radev, House Tabata (Coach)

Video link:  
Details



Video link:  
Tabata  
Sequence



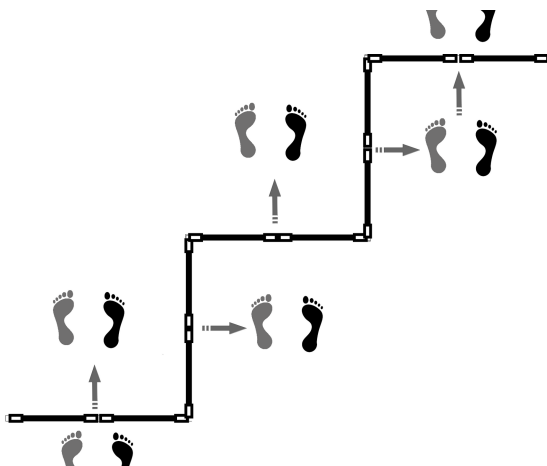
Hold the **arms** aside, **elbows** on same height of shoulders, inner hand surface to the front



**Points for self check**

keep upper body vertical/straight, hold breast high, line of sight to the front

**Form #2, Exercise #1**



**Form:** two segments straight

**Trainingsziel:** fast leg movement



**Tabata Music:** 162 bpm

SoundCloud: A. Radev, House Mix Tabata

Video link:  
Details



Video link  
short



**elbows** on same height of shoulders, **upper body** stable and upright



**Points for self check**

step to the side with the foot, which is next to the folding rule