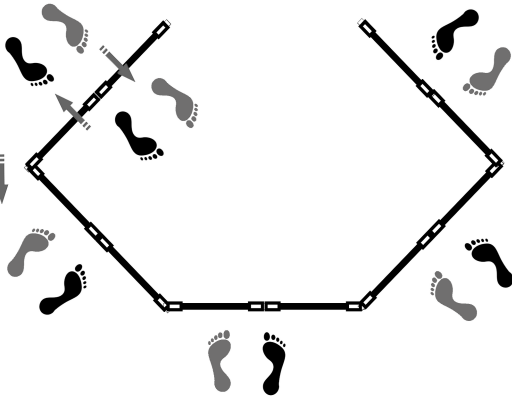


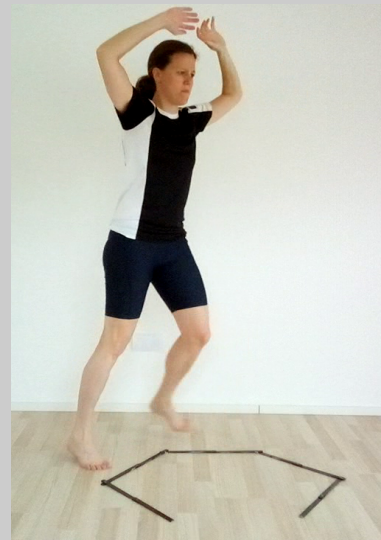
Form #8, Exercise #1



Form: two segments straight

Training goals: fast leg movement with orientation in space

 **Tabata Music:** 162 bpm
SoundCloud: Anton Radev, House Mix Tabata

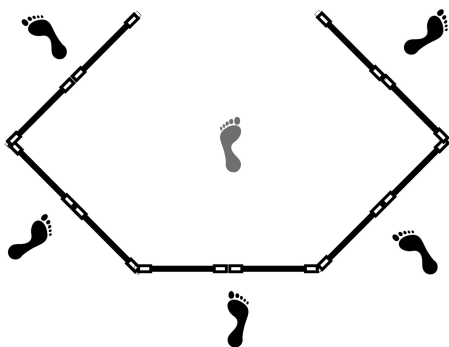


Consecutive **fast steps „in, in, out, out“**,
ellbows on shoulder height and arms
bended, body upright



Points for self check
Don't look to the floor, keep your
whole body upright

Form #8, Exercise #2



Form: two segments straight

Training goals: leg strength, good balance

 **Tabata Music:** 96 bpm
SoundCloud: A. Radev, Back in Black (Tabata Mix)



Stand on one leg, **knee slightly bended**,
tip the „free foot“ on the ground outside
of the shape



Points for self check
stable vertical axis for the whole
body, keep the hips on the same
vertical level, no up/down lift