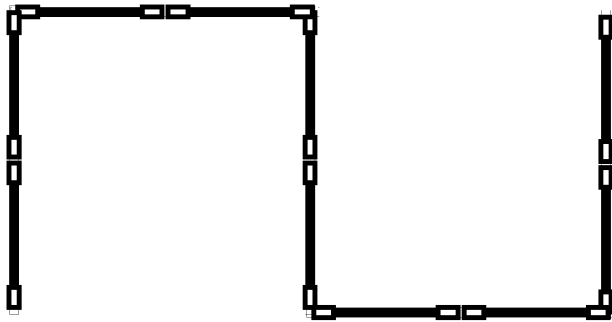


Training Card No. 7

Arm strenght, core stability, hip mobility

Level: Beginner & Advanced

Form #6, Exercise #3



Form: two segments straight

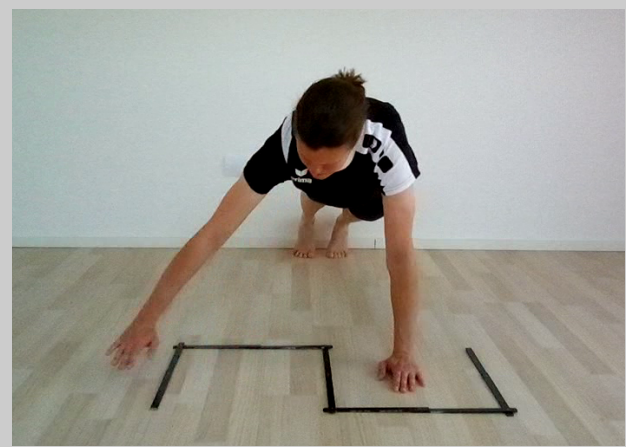
Training goals: stable „push up“ position with arm movements



Tabata Music: 96 bpm

SoundCloud: Anton Radev, Rocky Theme

Video link:
short



Push up position, make „steps with the hands“ from one segment to another

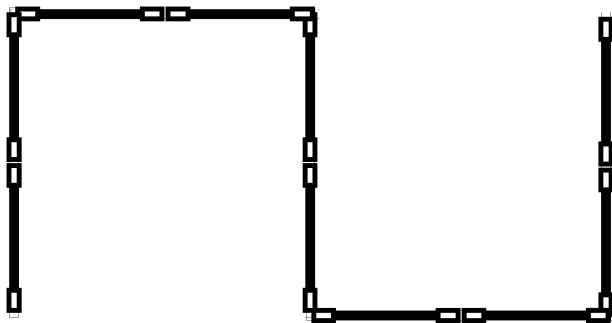
Advanced: bend the arms in each segment



Points for self check

keep the hips in one axis aligned with the upper body

Form #6, Exercise #4



Form: two segments straight

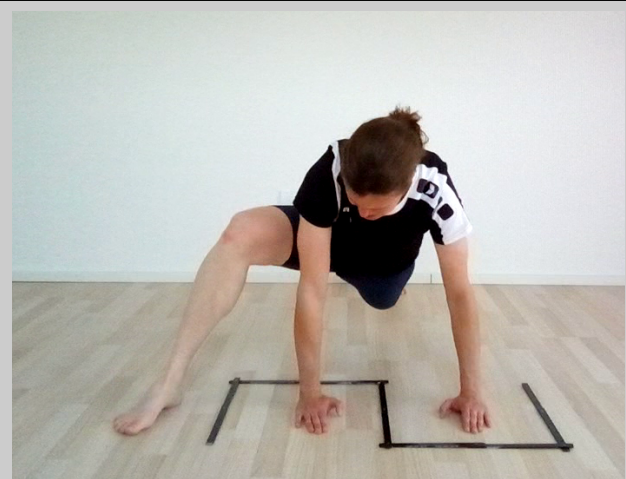
Training goals: hip and leg mobility with stable upper body core



Tabata Music: 96 bpm

SoundCloud: Anton Radev, Rocky Theme

Video link:
short



Push up position, bring **one leg with the foot** next to the hand, keep the whole body stable

Advanced: same exercise on lower arms



Points for self check

the whole sole of the foot is on the ground