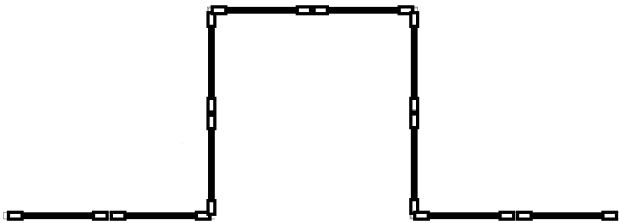


Form #1, Exercise #3



Form: two segments straight

Training goals: Stable position and movement with arm and shoulder force

 **Tabata Music:** 96 bpm
 SoundCloud: Anton Radev, Dr Dre (Tabata Mix)



Move the hip up in the horizontal axis, change between push up position and turned position with stomach up

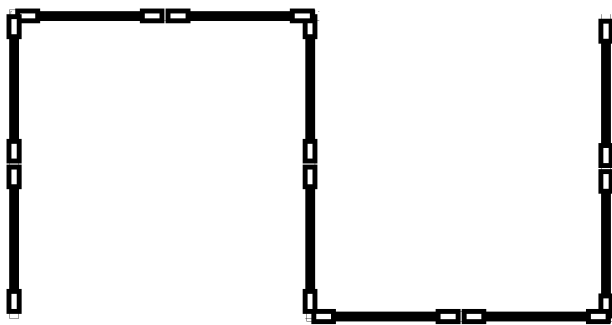
Advanced: one push up in each position



Points for self check

„open the breast“, straighten your upper body

Form #6, Exercise #5



Form: two segments straight

Training goals: Liegestützposition mit stabiler Rumpfmuskulatur

 **Tabata Music:** 96 bpm
 SoundCloud: Anton Radev, Back in Black



Push up position, Step the legs to the side from one folding rule part to the other

Advanced: bend the elbows



Points for self check

head is aligned with the rest of the body, keep the hips in stable position without turning around