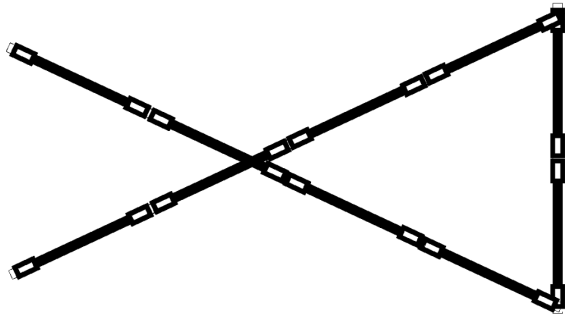


Form #10, Exercise #1



Form: 4 segments straight, then crossed

Training goals: hip mobility and body stability combined with coordination



Tabata Music: 120 bpm
 SoundCloud: Anton Radev, Uptown Funk

Video link:
short



Push up position and close „squat“, place hands and feet in consecutive order

Advanced: small jump with both legs to place both feet at the hands and also jump back



Points for self check
 close position, bring the hips down

Form #11, Exercise #1



Form: completely straight

Training goals: push up position with core stability and coordination task



Tabata Music: 96 bpm
 SoundCloud: Anton Radev, Pill in Ibiza

Video link:
short



Push up position, **move arm and leg at the same time on same body side**, place them on other side of the folding rule



Points for self check
 keep same time-movement of arm and leg without tumbling