

# Strength - Power / Flexibility

## Children II / Juniors

June to August

4 times a week

Rope - Skipping: 3min - 5sets - in between 2 to 8!

**1**

global trunk/globaler Rumpf

- 30secs
- 2sets



**2**

back - strength diagonal

- 20x each side
- 2sets



**3**

sit - ups / Bauchmuskeln

- 20x straight
- 2sets



**4**

sit - ups / Bauchmuskeln

- 10x cross
- 2sets



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## Children II / Juniors

**5**

„hip - ups“ left & right / Flankenstütz

- 30s (1sec-rhythm up & down)
- 2sets each side



**6**

„press - ups“ / Liegestütz

- 15x
- 2sets



**7**

back - strength / Rücken & Hamstrings

- 15x up
- 2sets



**8**

Squats two legs / Kniebeuge

- 45sec (1s up, 1s down to 90°)
- 2sets



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30sec after training - 2sets - nice and relaxed breathing

**A**

Stretching Quadriceps



**B**

Stretching Hamstrings/Calves



**C**

Stretching Chestmuscles



**D**

Stretching Side-trunk

