

Strength - Power / Flexibility Minis / Children I

June to August

3 times a week

1

global trunk/globaler Rumpf

- 30secs
- 1set



2

back - strength diagonal

- 20x each side
- 1set



3

sit - ups / Bauchmuskeln

- 15x straight
- 1set



4

sit - ups / Bauchmuskeln

- 10x cross
- 1set



Strength - Power / Flexibility

Minis / Children I

5

„hip - ups“ left & right / Flankenstütz

- 20s (1sec-rhythm up & down)
- 1set each side



6

„press - ups“ / Liegestütz

- 5x
- 2sets



7

back - strength / Rücken & Hamstrings

- 15x up
- 1set






8

Rope - Skipping

- 3min
- 2 sets --> best as start and finish of the training :-)

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

<p>A Stretching Quadriceps</p> 	<p>B Stretching Hamstrings/Calves</p> 
<p>C Stretching Chestmuscles</p> 	<p>D Stretching Side-trunk</p> 