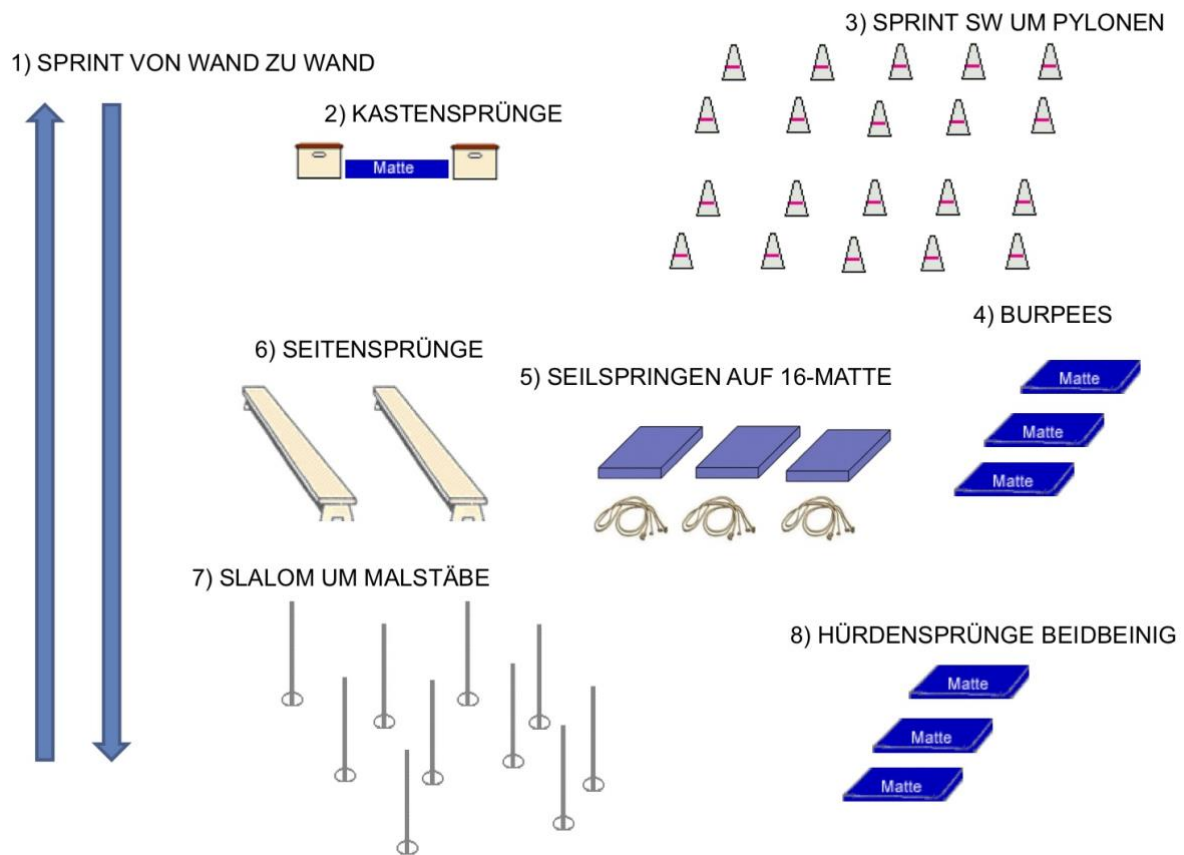


High intensity circular training: Practical Training

1. Organisation:



1 Wandsprint (sprinting from wall to wall)

2 Kastensprünge (Jumping sideways)

3 Pylonensprint (running forwards-backwards around Pylons)

4. Burpees

5 Seilspringen auf 16er-Matte (Rope skipping on a mat)

6 Seitsprünge über Langbank (Jumping sideways over a bench in different variations)

7 Slalom um Malstäbe: Slalom around pylons

8 Beidbeinige Sprünge über Matte/ Kasten/ Übungshürden (jumping over hurdles)

9 (Zusatzposten) (additional exercise): jumping with/ without additional weight

For additional instruction watch the video with all exercises!

3. Hints for practical training:

Beginners: : 2 or 4 on each exercise; interval 20''-10'', one half is exercising, one half motivating, then vice versa. Change exercise. Do the whole circular training (8 rounds) twice with 2 min. break in between.

Intermediate: Interval 20''-10''. Go directly to the next exercise. 2 or 3 times 8 rounds, 2 min. break in between series

advanced: -Interval 30''-20''. 2-3 times 8 rounds, 3 min. break in between series