

# Intermittent body strength training

12 exercises



Rope Jumping (alternative: running /playing...)

**Holdingposition**



**Dynamics**



**Holdingposition**



**Dynamics**



**Holdingposition**



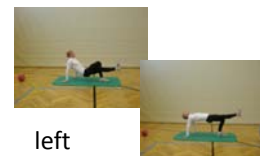
**Dynamics**



**Holdingposition**



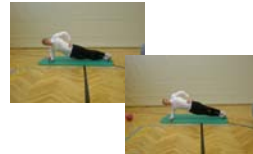
**Dynamics**



**Holdingposition**



**Dynamics**



**Holdingposition**



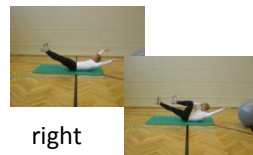
**Dynamics**



**Holdingposition**



**Dynamics**



**Holdingposition**



**Dynamics**



**Holdingposition**



**Dynamics**



**Holdingposition**



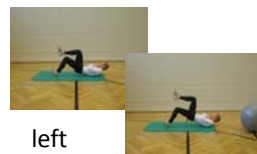
**Dynamics**



**Holdingposition**



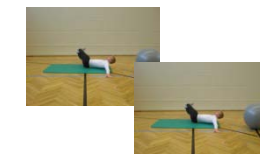
**Dynamics**



**Holdingposition**



**Dynamics**



Change after 15"

Training 1 – 4 series 60" Rope jumping 30" Übung „holding“  
 Warm up (oder youth training) 40 – 20/20 or 30 – 15/15

30" Übung „move“