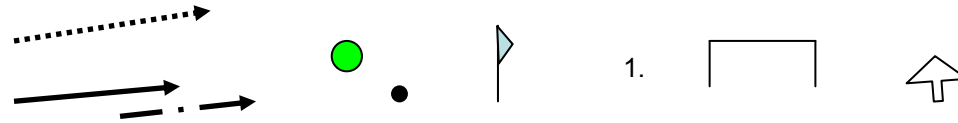


Thema Power



In pairs:
 20 sec each / other player resting
 If exercise with two = no rest
 20 sec rest

1. Skipping on place
2. 1-1 in a 5x5m box
3. Sit-ups
4. Sprint 5m and return. Stomach onto bottom at return point
5. Sitting, throw a ball and catch, arms over head
6. Sprint 5m and return against resistance at hips
7. Sprint 5m and return. First way = channeling backwards, return = max start
8. Running as a shadow in a 5x5m box

