



Inhalt des Videos

I: Bahnen (A) 00:25

Laufen Ü 1 - 15
Arme Ü 16 - 18
Springen Ü 19 - 27

II: Bahnen (B) 06:19

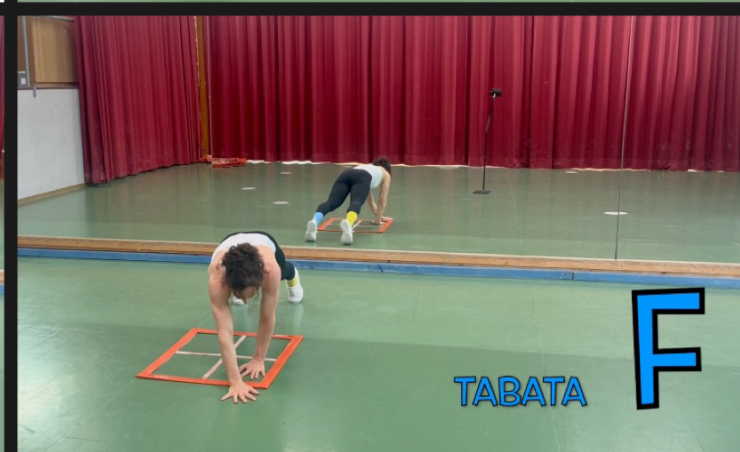
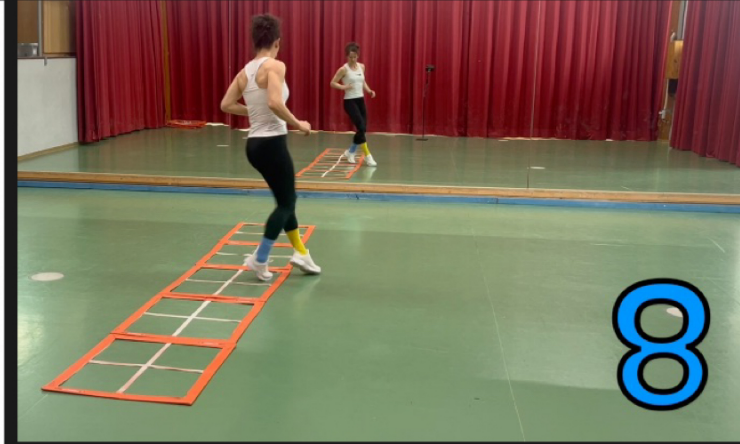
Laufen Ü 28 - 40
Arme Ü 41 - 43
Springen Ü 44 - 49

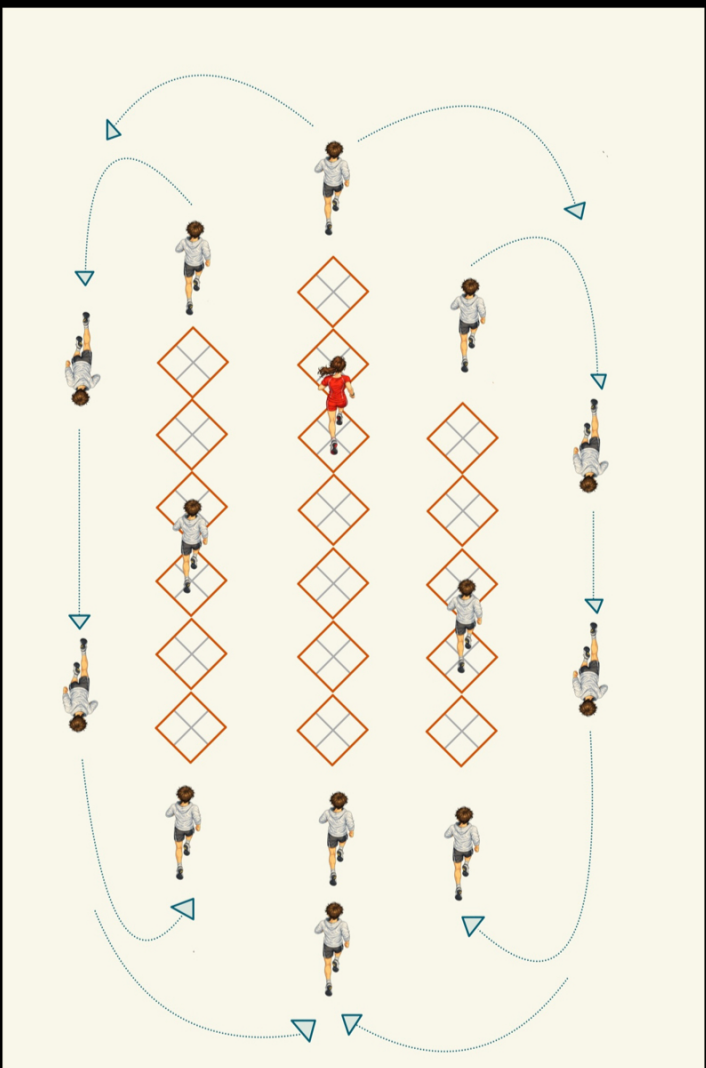
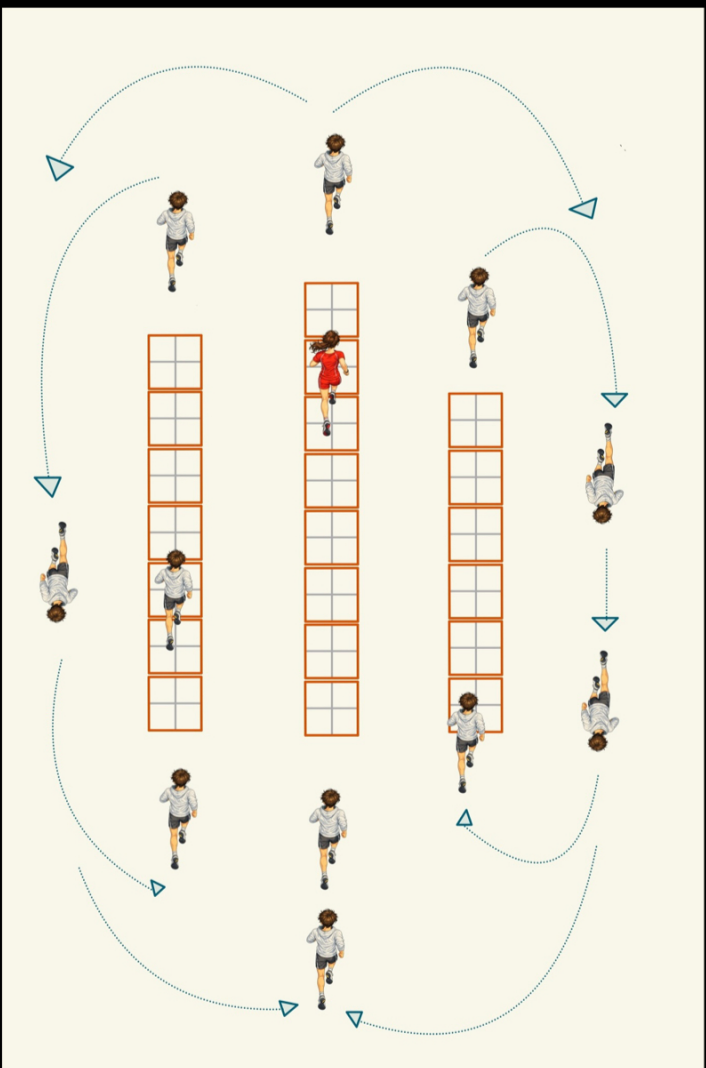
III:1 Box 09:49

Laufen Ü 50 - 57
Arme Ü 58 A-E
Springen Ü 59 - 62
Hürde Ü 63 - 67

IV: Tabata 2.0 14:49

8 Übungen A, B, C, D
E, F, G, H

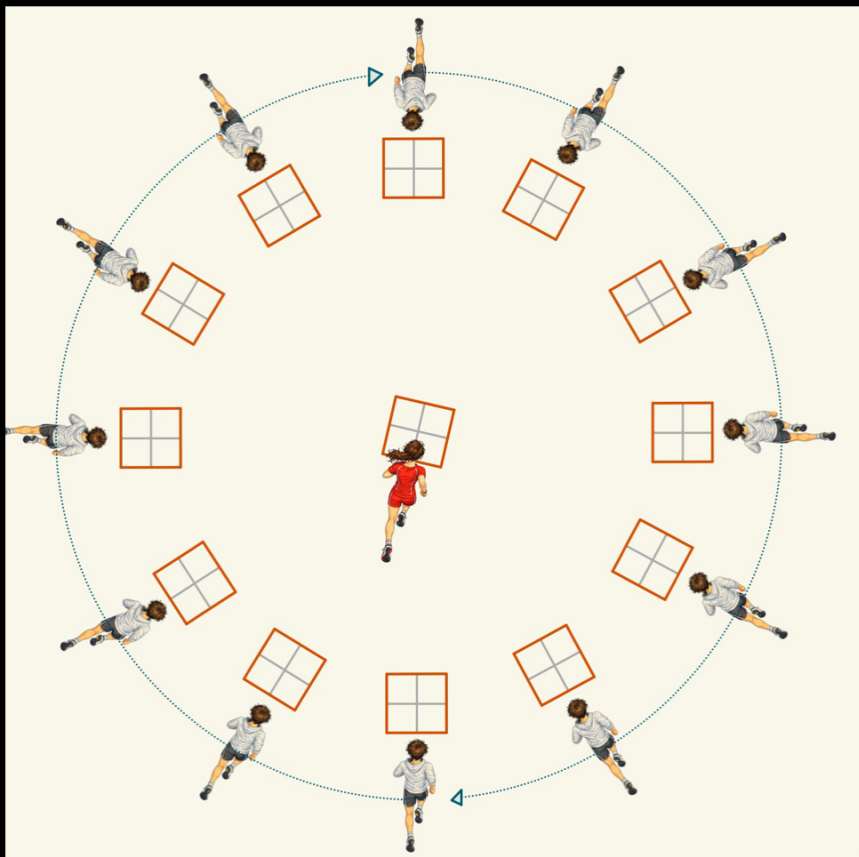




1 2 3 4 5 6 7 8



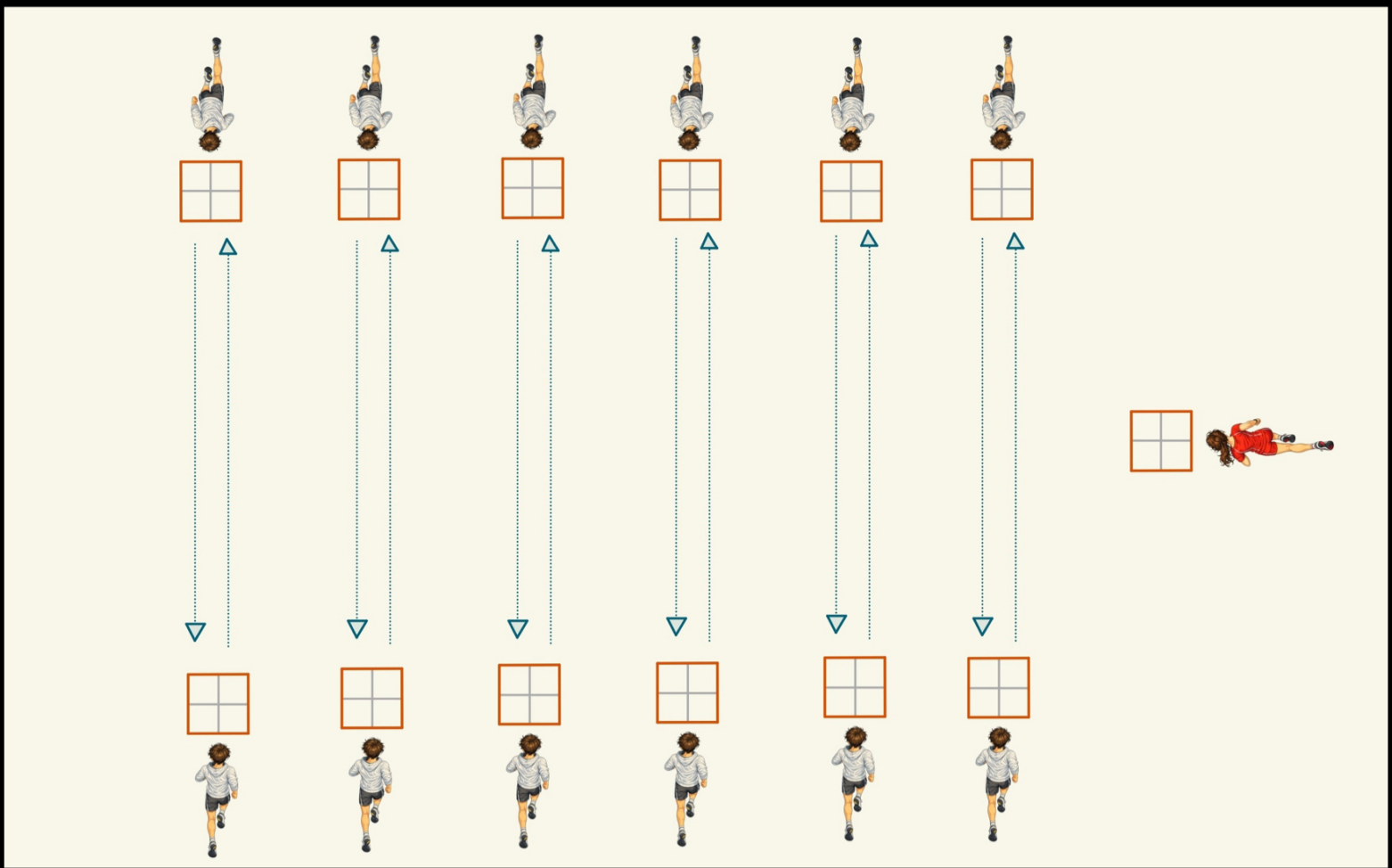
20 Sek. Belastung 10 Sek. Pause



Tabata 2.0

Tabata	Übung Beine	Übung Arme	Runde							
			1	2	3	4	5	6	7	8
1	A	B	A	B	A	B	A	B	A	B
2	C	D	C	D	C	D	C	D	C	D
3	E	F	E	F	E	F	E	F	E	F
4	G	H	G	H	G	H	G	H	G	H
5	Finale 1		A	B	C	D	E	F	G	H
6	Finale 2		H	G	F	E	D	C	B	A

8 Übungen, 30 Minuten





Kriterien	Bewertung Gruppe			Note
Schwierigkeit	   			}
Variation Raum	   			
Synchronität	   			
Kreativität	   			
Individual	Name1	Name2	Name3	Name4
Ausführung	<=>	<=>	<=>	<=>
Mitarbeit	<=>	<=>	<=>	<=>
Einzelnote				