



# 1°-2009 KICKBOXING-TRAINING-TABs

Training-Tabx n° 1\*-2009  
Roma – 09/GEN.09

## 1° MODULO COMPETITION

### SUMMARY

**PKS Technical Team**

Responsabile Tecnico PKS  
Dot. Giuseppe Santangelo

Professional Kickboxing School

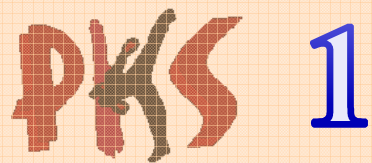
Kickboxing – Street-Fighting-System - Karate  
Flash-Fighting – Combat-Training

Training-Tabx n° 1\*/2009 (28/DEC.08-22/JAN.09)

Roma – 09/01/2009

TITOLO

MODULI DI ADDESTRAMENTO INDIVIDUALE x SESSIONI  
1) FARTEK/JOGGING 2) GYM-HOUSE



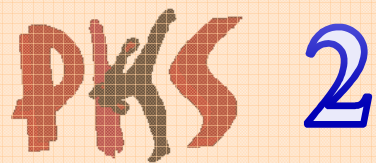
# MOD-1.S (KKB-DMX) T=90

<b>JOGGING/FARTLEK-HARD</b>	<b>15'</b>
<b>PREATLETISMO GENERALE</b>	<b>08'</b>
<b>STRETCHING</b>	<b>07'</b>
<b>ADDESTRAMENTO TECNICO</b>	<b>10'</b>
<b>FLESSIONI</b>	<b>05'</b>
<b>ADDOMINALI</b>	<b>05'</b>
<b>RIPETIZIONI/AUTOMATISMI 22xBxL</b>	<b>10'</b>
<b>FOOTWORK-TRAINING</b>	<b>05'</b>
<b>SHADOW-KKB 2x3+1</b>	<b>10'</b>
<b>STRETCHING-HARD</b>	<b>05'</b>
<b>JOGGING/FARTLEK-SLOW</b>	<b>10'</b>

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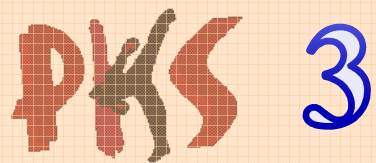
# MOD-1.H (KKB-DMX) T=120

<b>JOGGING/FARTLEK-HARD</b>	<b>10'</b>
<b>STRETCHING/ADDOMINALI/FLESSIONI</b>	<b>20'</b>
<b>CIRCUIT-TRAINING 3x5.F/T</b>	<b>10'</b>
<b>POTENZIAMENTO TECNO/MUSCOLARE</b>	<b>10'</b>
<b>CORDA/ROUNDs-SKT 3x4+1</b>	<b>15'</b>
<b>SPECIALI 5x20 RIPETIZIONI</b>	<b>20'</b>
<b>FOOTWORK-TRAINING</b>	<b>05'</b>
<b>STRETCHING-RILASCIAMENTO</b>	<b>10'</b>
<b>TRAINING-AUTOGENO</b>	<b>10'</b>
<b>JOGGING/FARTLEK-SLOW</b>	<b>10'</b>

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# MOD-1.K (KOMBAKT) T=120

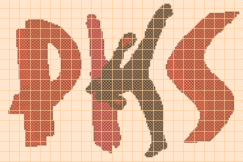
<b>JOGGING/FARTLEK-HARD</b>	<b>10'</b>
<b>STRETCHING/ADDOMINALI/FLESSIONI</b>	<b>10'</b>
<b>SPECIALI 5x20 RIPETIZIONI</b>	<b>20'</b>
<b>SIMULAZIONE CONTESTO GARA</b>	<b>10'</b>
<b>SHADOW-KICKBOXING-TRAINING 3x4+1</b>	<b>15'</b>
<b>CONTEST/FIGHTs 5x3+1</b>	<b>20'</b>
<b>PAO/FOCUS</b>	<b>05'</b>
<b>RILASCIAMENTO MUSCOLARE</b>	<b>10'</b>
<b>TRAINING-AUTOGENO</b>	<b>10'</b>
<b>JOGGING/FARTLEK-SLOW</b>	<b>10</b>

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<b>TAPIS ROULANT (PIRAMIDALE)</b>	<b>15'</b>
<b>STRETCHING/FLESSIONI/ADDOMINALI</b>	<b>10'</b>
<b>LAT-M ORIZZONTALE (INCREMENTALE)</b>	<b>10'</b>
<b>BILANCERE PANCA (INCREMENTALE)</b>	<b>10'</b>
<b>LAT-M VERTICALE (INCREMENTALE)</b>	<b>10'</b>
<b>BILANCERE NO PANCA (INCREMENTALE)</b>	<b>10'</b>
<b>MANUBRI BICIPITE (INCREMENTALE)</b>	<b>15'</b>
<b>ALZATE LATERALI (INCREMENTALE)</b>	<b>10'</b>
<b>STRETCHING/RILASCIAMENTO</b>	<b>05'</b>
<b>TAPIS ROULANT (STEADY)</b>	<b>05'</b>



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# THE END

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