



MODULO 1.S KKB-DMX OUTDOOR

TIME OCCURRING: 90'

ACTIVITIES: 11

BOX-PAGES: 11

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



0/11

SUMMARY T=90

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

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1/11

1.S KKB-DMX

JOGGING/FARTLEK-HARD

15'

15

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1.S KKB-DMX

PREATLETISMO GENERALE

08'

23

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MODULI DI ADDESTRAMENTO INDIVIDUALE x SESSIONI
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1.S KKB-DMX

STRETCHING

07'

30

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1.S KKB-DMX

ADDESTRAMENTO TECNICO

10'

40

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1.S KKB-DMX

FLESSIONI

05'

45

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1.S KKB-DMX

ADDOMINALI

05'

50

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7/11

1.S KKB-DMX

AUTOMATISMI 22xBxL

10'

60

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1.S KKB-DMX

FOOTWORK-TRAINING

05'

65

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1.S KKB-DMX

SHADOW-KKB 2x3+1

10'

75

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10/11

1.S KKB-DMX

STRETCHING-HARD

05'

80

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1.S KKB-DMX

JOGGING/FARTLEK-SLOW

10'

90

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1°-2009 KICKBOXING-TRAINING-TABs

THE END

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