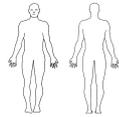
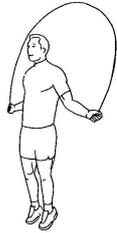
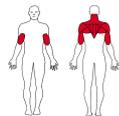
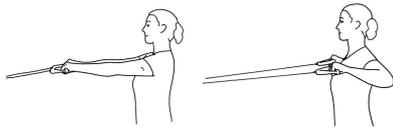


Exercises to do between modul 2 and module 3.  
Exercise nr.4 and nr.5 is combined in one excersise.



### 1. Skipping

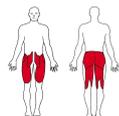
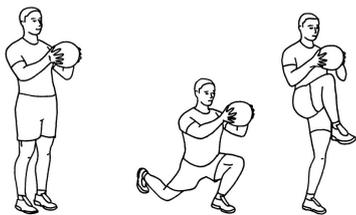
**Duration: 15 min 0 sec**



### 2. Resistance Band High Rows

Have the elastic band attached to a wall bar or something similar. Hold the ends of the band in your hands and pull them towards your chest by bending your elbows and retracting your shoulders. Your elbows should maintain shoulder height throughout the exercise.

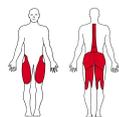
**Sets: 3 , Reps: 10**



### 3. Explosive Fighter's Lunge w/ball

Stand with legs together holding a ball at chest level. Take a step back with one leg keeping the ball in front. Control the motion into a deep end position. Quickly push back to a standing position and lift your knee as high as you can, keeping your balance on one leg.

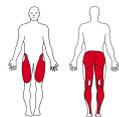
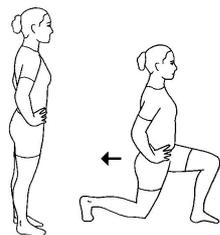
**Sets: 3 , Reps: 12**



### 4. Reverse Lunge w/double kettlebell chest rack

Start in an upright position holding two kettlebells at chest height. Take a step backward and hold your upper body vertical. Lower your hips vertically toward the floor until your posterior knee almost touches the floor. The front leg should have the knee over the foot and behind the toes. Lift yourself back to the starting position using your front leg.

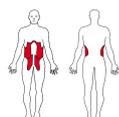
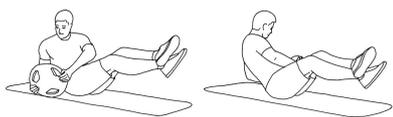
**Weight: ? kg, Sets: 3 , Reps: 8**



### 5. Forward lunge 2

Stand with your legs together and your arms by your side. Raise one of your legs and take a long step back, with your weight on your back leg. When your leg touches the ground, stop the movement until you achieve a deep body position. Then push up to return to the start position.

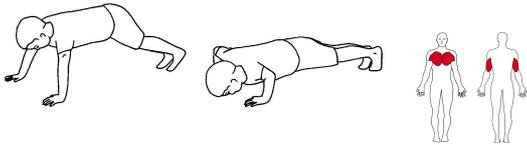
**Sets: 3 , Reps: 8**



### 6. Weight Plate Russian Twist

Sit on a mat holding a weight plate in both hands with bent elbows. Slightly lean back and lift both legs off the ground. Rotate your torso by moving the plate from side to side in a controlled motion.

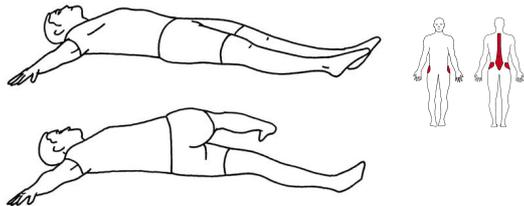
**Weight: ? kg, Sets: 3 , Reps: 16**



### 7. Push ups

Stand on your toes, holding your upper body in place with stretched arms. Shoulder wide grip. Lower your body to the ground and then press back up.

**Sets: ? , Reps: 25**

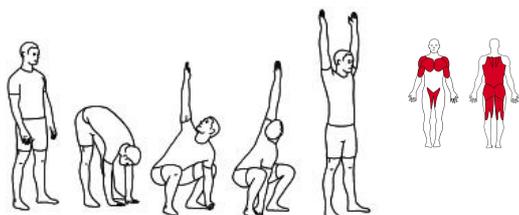


### 8. Rotation of the lumbar in supine

Lie on your back with your legs straight and your arms straight out to the side. Then lift one leg straight up from the floor, rotate your body towards the opposite side and move the foot to the floor. Arms, upper back and shoulders are on the floor at all time. Move calmly back to starting position and repeat to the opposite side.

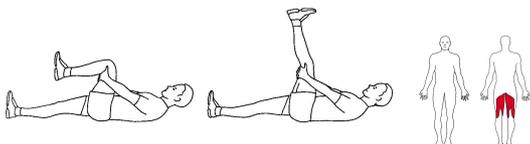
This is the same exercise we did in Saumur, but we started from the side. I think the result is better as we did it.

**Duration: , Sets: , Reps: , Pause:**



### 9. Squat to Stand w/rotation and reach

Stand with your feet shoulder width apart. Bend your torso forward and bring your hands to the ground. Grab your toes and pull the hip into the squatting position with your arms inside your knees. Press your knees towards the side all the time. Try to straighten your back as much as possible. Look at one palm, and stretch it up toward the ceiling, then stretch your arm back in a controlled motion to the centre before the other arm passed up toward the ceiling. Once this is completed, lift both arms up over your head. Stretch your body up from the squat with the arms above your head.



### 10. The Extender

In supine position. Bend one of your legs and grab hold of the back of your knee. Maintain a 90 degree angle in your hip while extending your knee. Extend and stretch the back side of your leg. Stop just before pain is felt.