



Workout Programme

Warm Up: 5-10min

Step moves and joint mobilisation, stretch the muscles dynamically active.



Basic: Step up and down



Walking



Walking big



Step knee: step up and knee up



Walking fast



Swing forwards and backwards



Chassé: Sidejump over T-Bow



Swing fast

Stabilisation Training:

1x 20-30 Repetitions



Diagonal Stretch



Walking



Swing the T-Bow



Swing from side to side



Neck muscles



Hamstrings



Front Hip muscles



Rotation+Chest muscles



Spine extensions



Calf muscles

Cardio-Balance Training: 5-10min

Stand and lean with one foot on the edge, always push the knees outwards and forward.

Strength Training:

1-3x 15 Repetitions



Abdominals



Low Back muscles



Front Shoulder muscles



Back Shoulder muscles



Back Hip muscles



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