

Surffit im Februar 2021 - Live Trainings



WOCHE 1

Assessment
Training

Full Body
CARs

Classic Move-
ment Patterns

Yoga 4
Hamstrings

Core 1



WOCHE 2

Lower Body 1

Yoga
Core Stability

Balance &
Rotation 1

Lower Body
Mobility

Core 2



WOCHE 3

Endurance
Explosivität 1

Yoga
Balance

Core 3

Balance &
Rotation 2

Lower Body 2



WOCHE 4

Endurance
Explosivität 2

Stick
Mobility

Balance &
Rotation 3

Lower Body 3

Assessment
Training

MONTAG

DIENSTAG

MITTWOCH

DONNERSTAG

FREITAG