



## Training Plan Day 1

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	2 minutes Ankle Rocking with Arm Circles [V01]
Warm-Up	3 minutes light Jogging in place [V02]
	10 light Lunges [V03]
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Exercise Block 1	Tabata 1: each exercise 6 times 20s intensity / 20s rest = 8 minutes
	A: Push-up to Stand [V04] B: High Knees [V05]
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Exercise Block 2	4 sets of 12 repetitions of „Towel Squeeze“ [V28] 2 minutes rest between sets
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Exercise Block 3	„Reflex Test“ with each finger, followed by alternating 5 Jumping Jacks and Squats [V07]
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Exercise Block 4	30x throw a ball, close your eyes, and clap when it should hit the ground [V08]
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Cool-Down	Relaxation Circuit [V27]
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## Training Plan Day 2

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Warm-Up	2 minutes High Knees with Arm Circles [V12]
	3 minutes light Skating in place [V13]
	20 light Squats [V14]

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Exercise Block 1	5x: 20 seconds FingerRow with Ankle Rocking and 20 seconds FingerRow with Tappings [V15]
	30 seconds rest

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Exercise Block 2	5 minutes „Color Challenge“ on your phone while alternating Lunges [V16]
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Exercise Block 3	„Reflex Test“ with each finger followed by 5 Push-ups [V07]
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Exercise Block 4	5 minutes left/right jumps with clapping exactly when landing [V17]
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Cool-Down	Relaxation Circuit [V27]
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## Training Plan Day 3

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	2 minutes Side Steps with arm extensions (arms twice as fast as legs) [V20]
Warm-Up	3 minutes light Jumping Rope without a rope [V21]  20 light Jumping Jacks [V09]
Exercise Block 1	4 sets of 12 repetitions „Towel Squeeze“ [V28] 2 minutes rest between sets
Exercise Block 2	Eye video 1&2 alternately during Tabata Tabata: each exercise 6 times 20s intensity / 20s rest = 8 minutes  A: Jump Squats [V25] B: Lunges [V03]
Exercise Block 3	„Reflex Test“ with each finger, followed by 20 Skippings [V07]
Exercise Block 4	3 minutes Anticipation Video 1&2 alternately, with clapping at the midpoint during Squats [V14]
Cool-Down	Relaxation Circuit [V27]

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