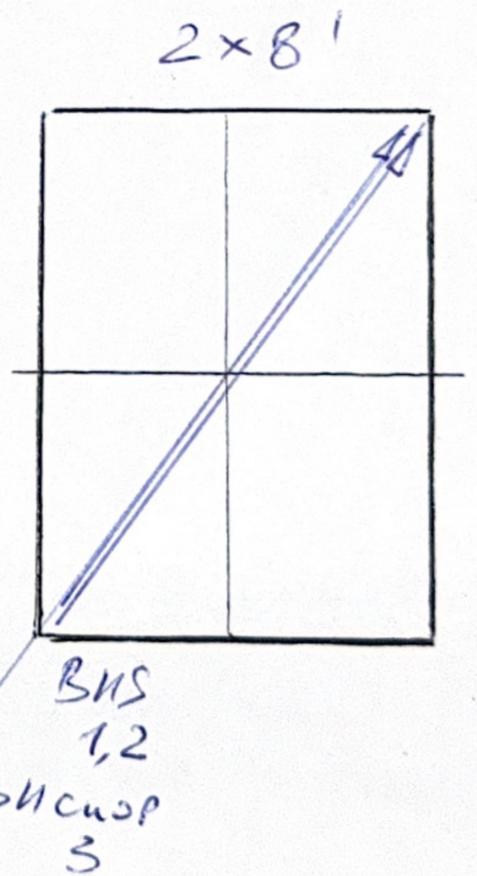
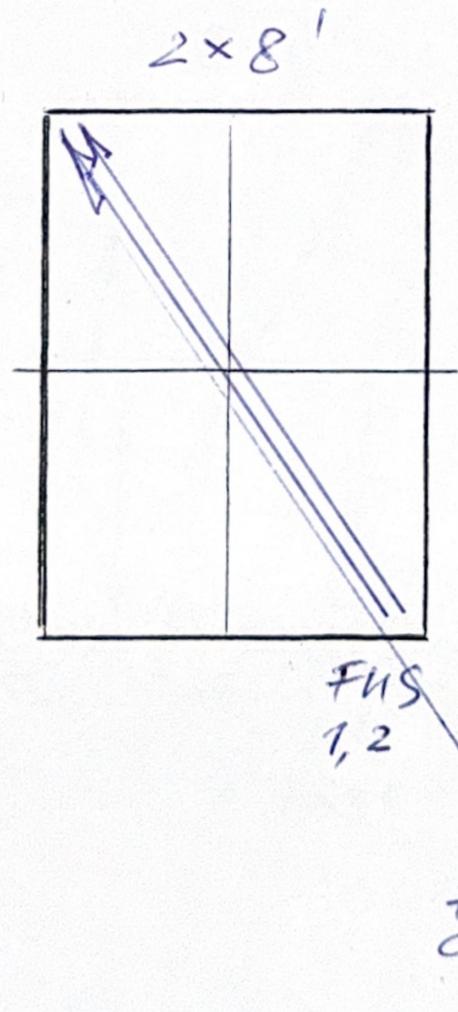
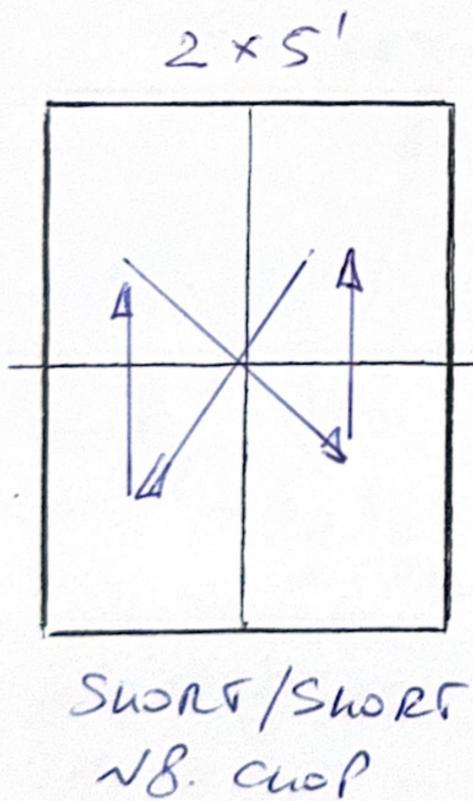
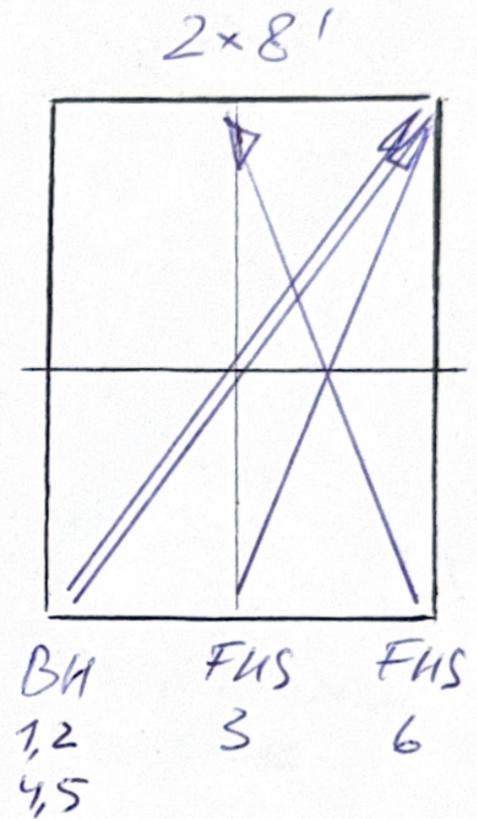
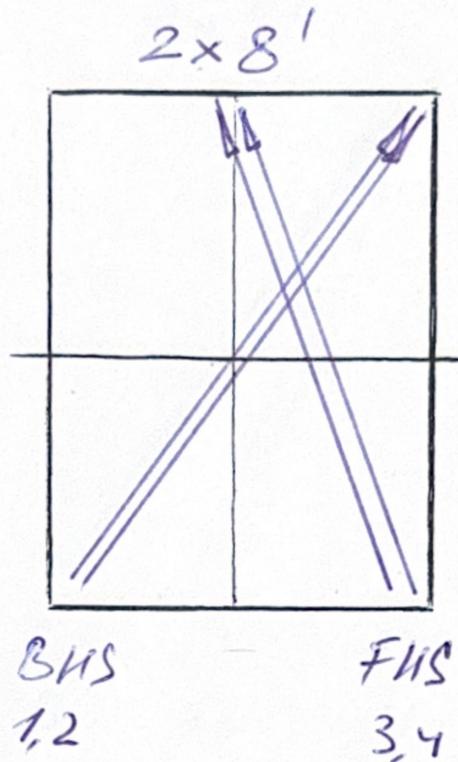
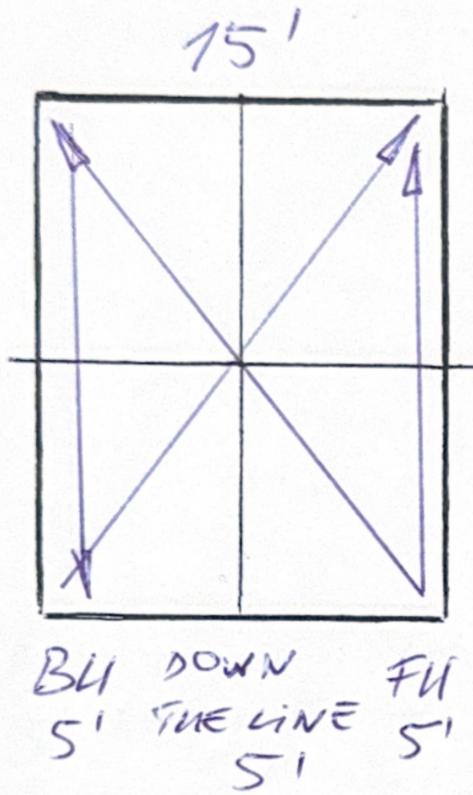


03.03.2026. TUESDAY 19.15-21.15 ELITE SQUAD E-1

1. TECHNIQUE RECOVERY 2. STABILITY 3. PLACEMENT

WARMING-UP - THE RABANDS



ELITE E-2 QUALIFICATION TOURNAMENT PART 2

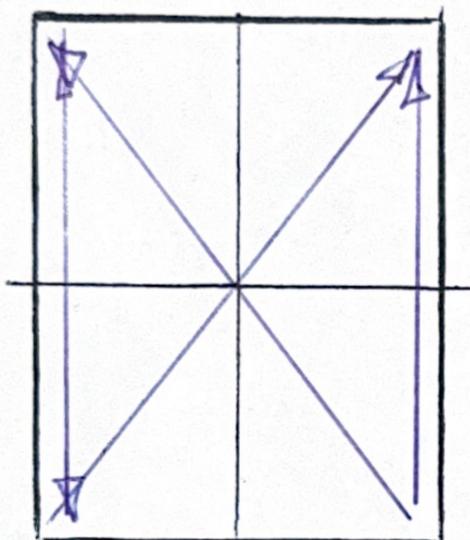
07.03.2026 SATURDAY 15.30+18.00 ELITE SQUAD

1. TECHNIQUE 2. INDIVIDUAL WORK → PREPARATION

FOR PLAY-OFF'S

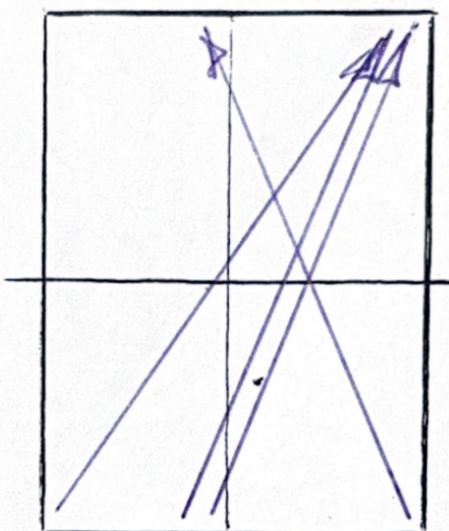
WARMING-UP → THERABANDS

15'



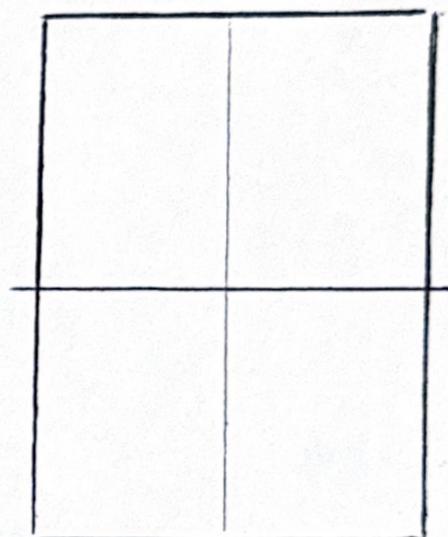
BH DOWN FU
SI FREELINE SI
SI

2x8'



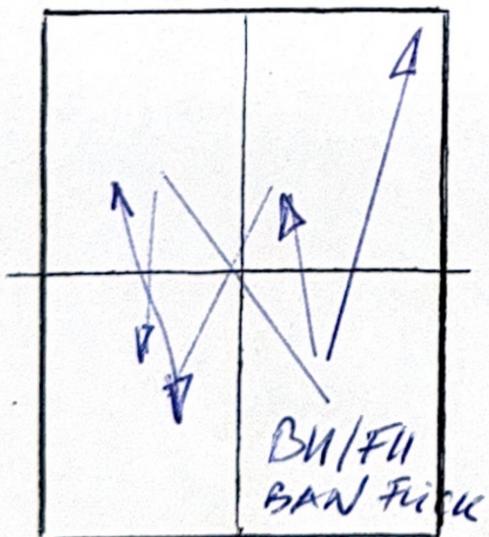
BH FHS FHS
3 12 4

2x8'



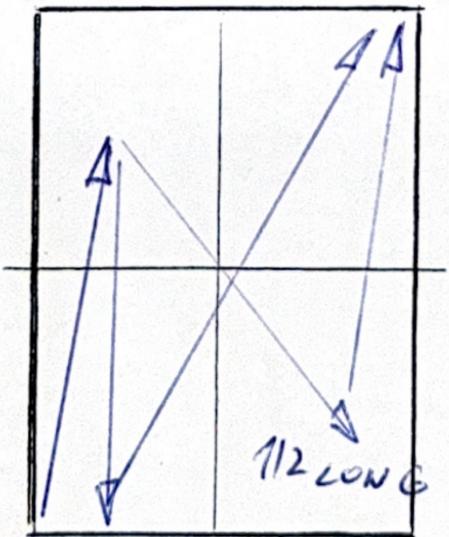
INDIVIDUAL
WORK

8'-TOGETHER



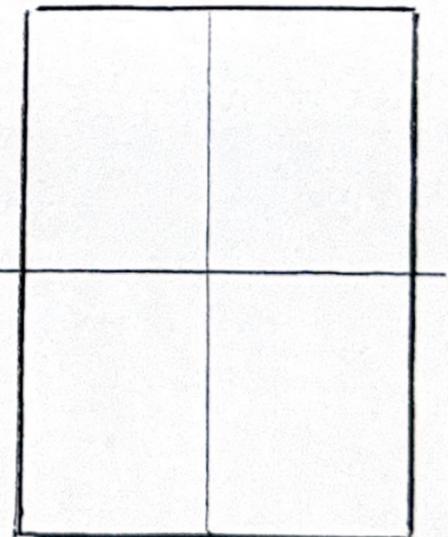
SHORT-SHORT
BH/FU FLICK
TO BH + FREE

2x8'



SERV BH/FHS FHS
1 ? 1
+ FREE

2x8'



INDIVIDUAL
FROM SERVICE