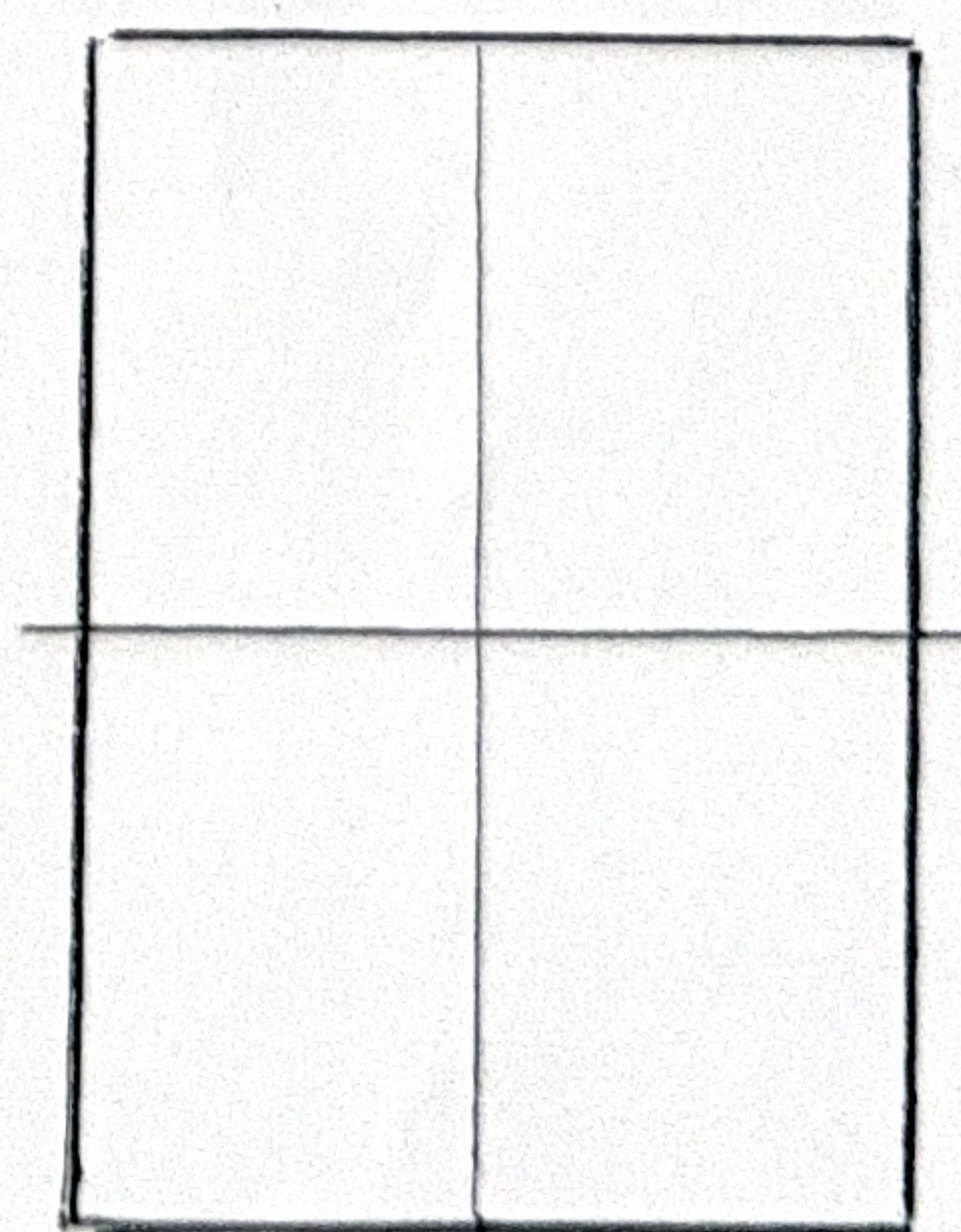
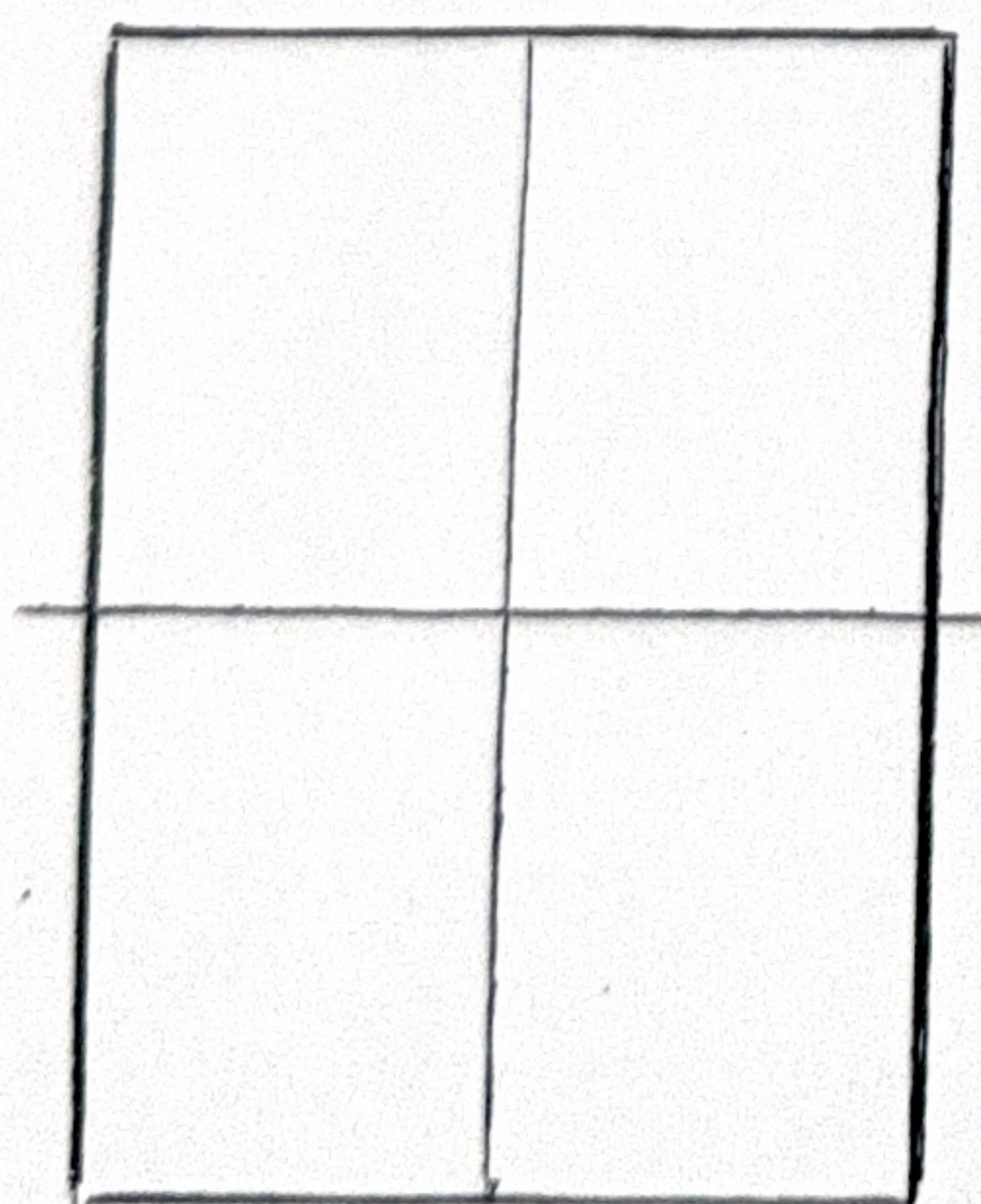
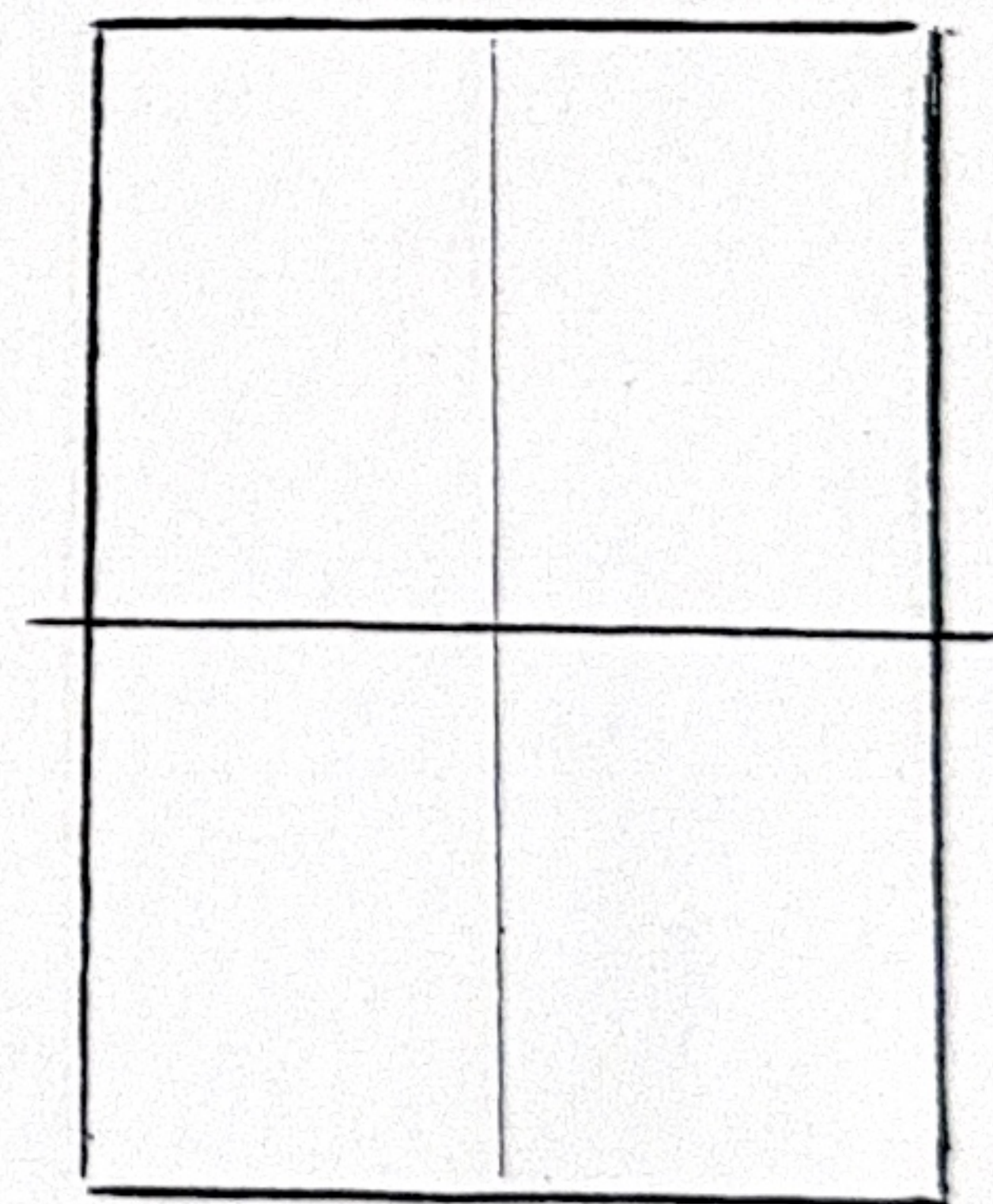
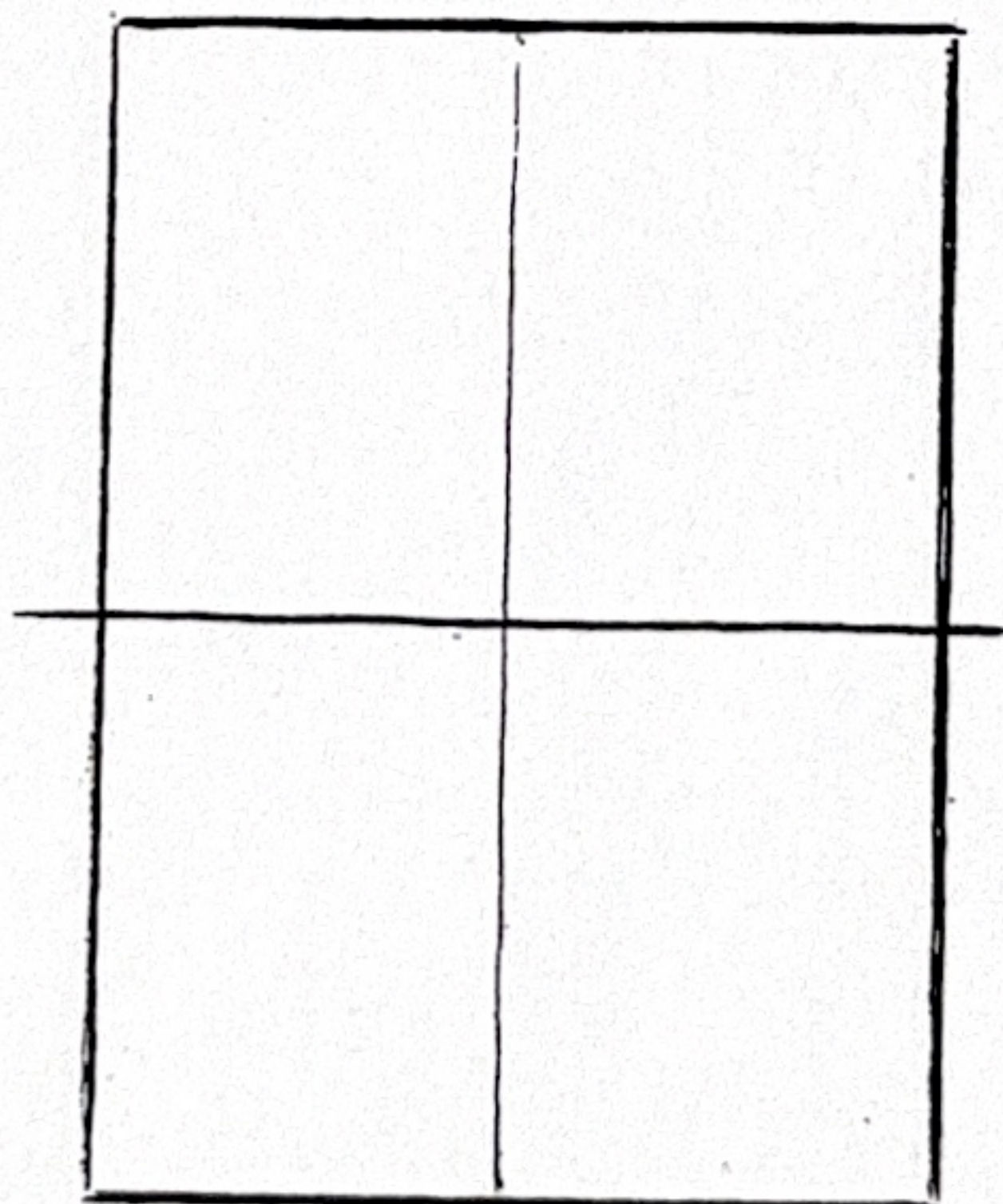


26.04.2026 SUNDAY 12.45-15.15 INTERMEDIATE SQUAD

15.30-18.00 ELITE SQUAD

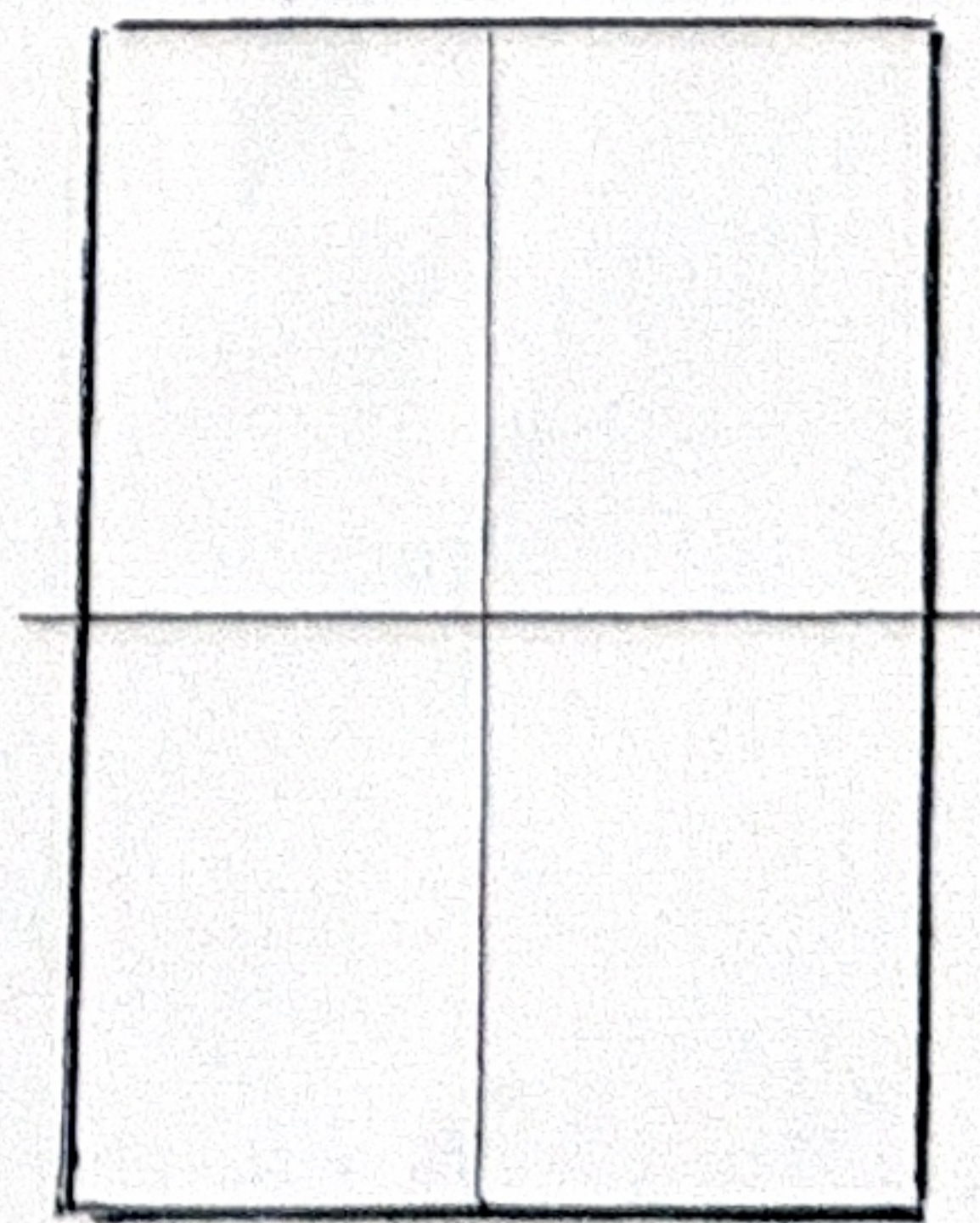
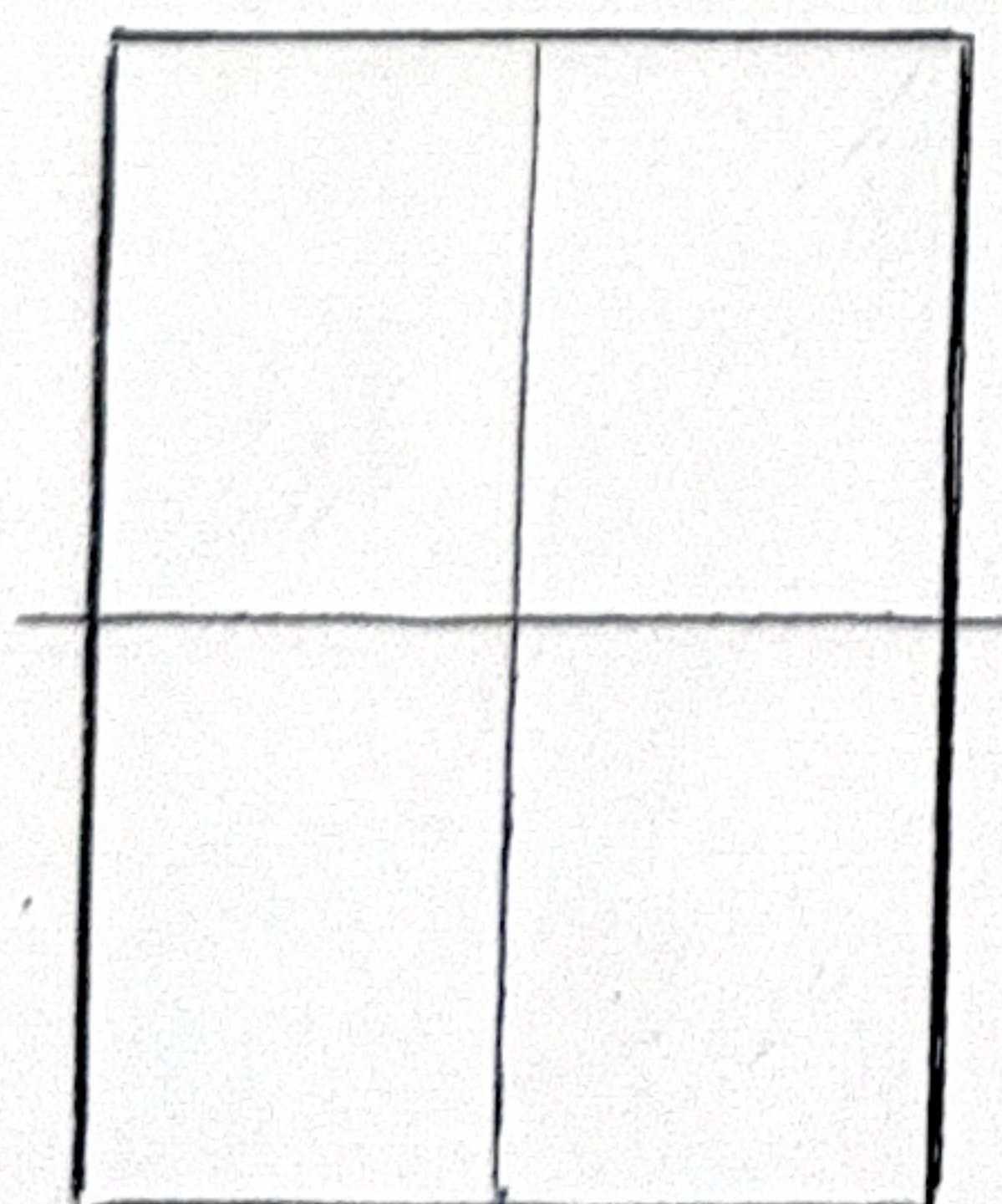
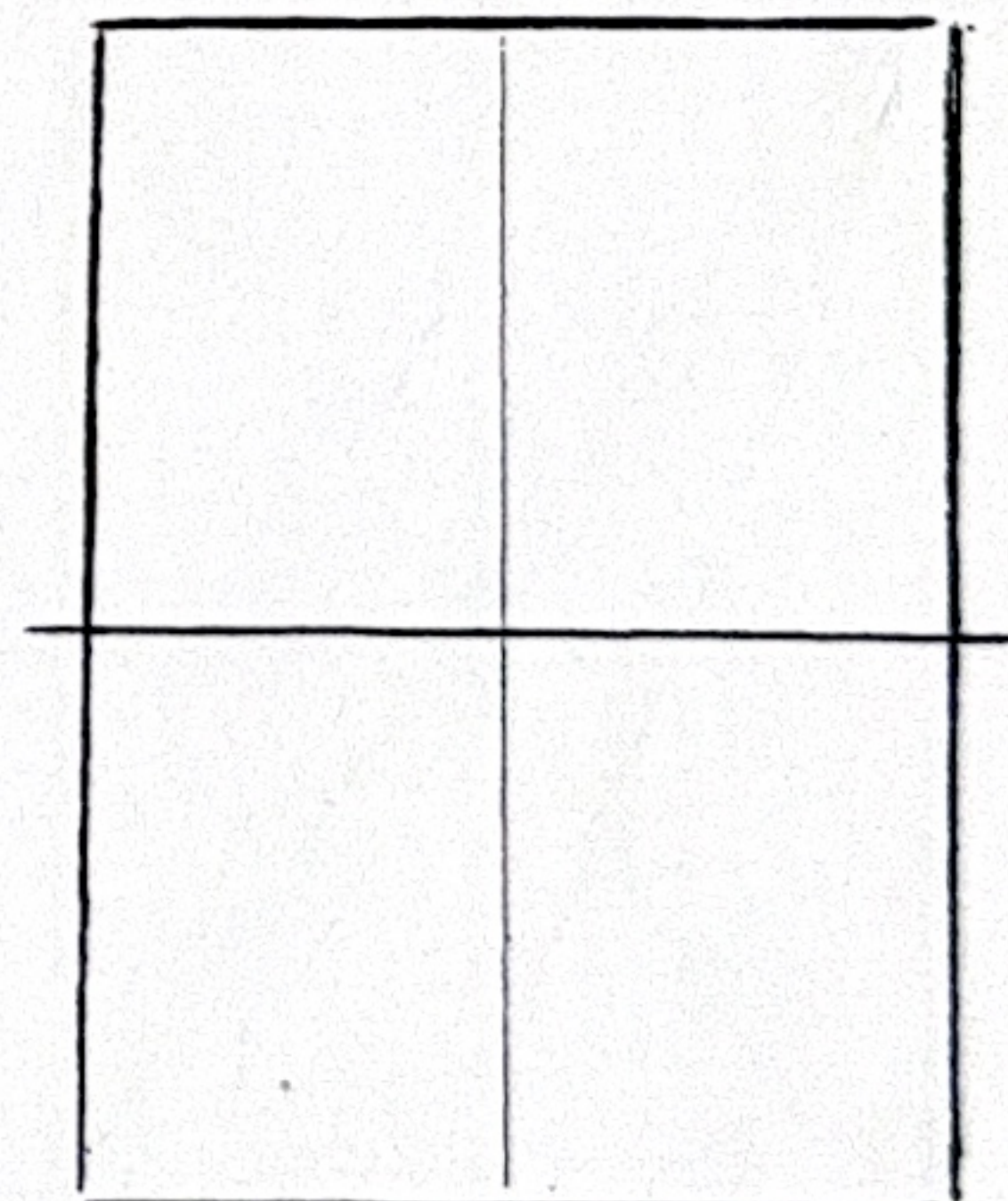
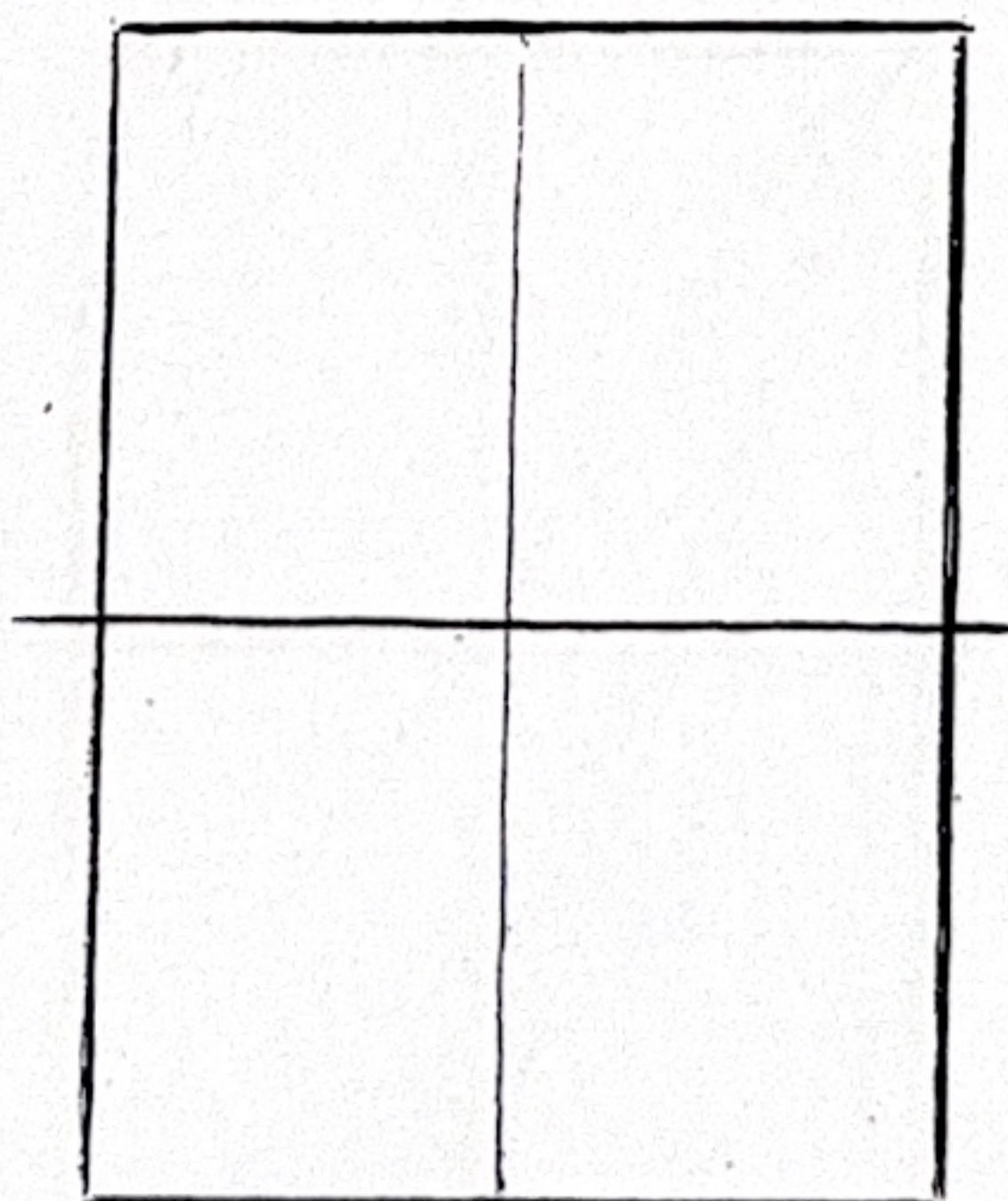
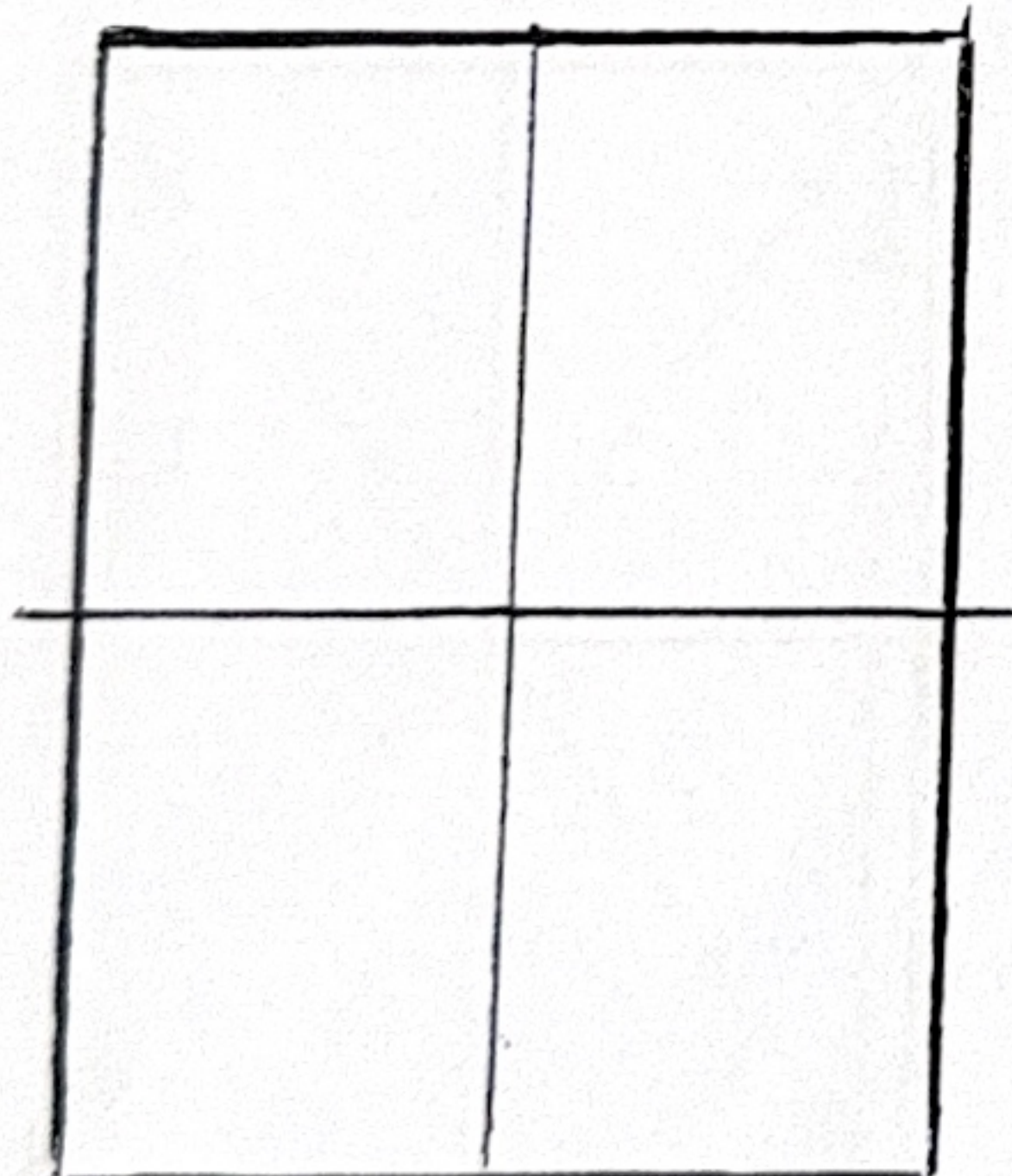
QUALIFICATION TOURNAMENT 2.



28.04.2026 TUESDAY 17.00-19.00 INTERMEDIATE SQUAD

19.15-21.15 ELITE SQUAD

QUALIFICATION TOURNAMENT 2 (CONCLUDES)



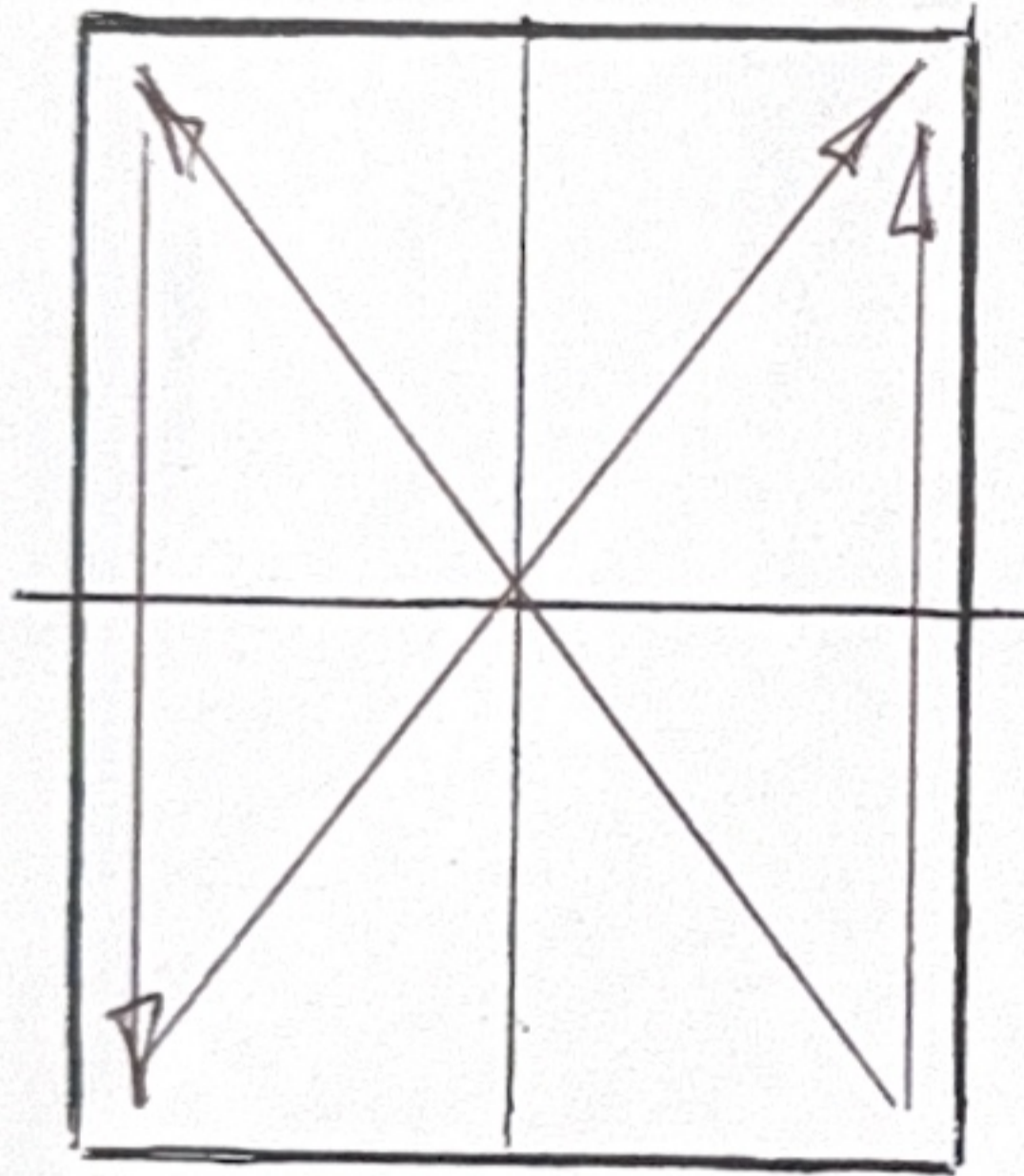
02.05.2026 SATURDAY 15.30-18.00 ECITE SQUAD

1. TECHNIQUE 2. REACTION 3. BALANCE / STABILITY

WARMING-UP - THERABANDS, PHYSICAL → REACTION BEFORE

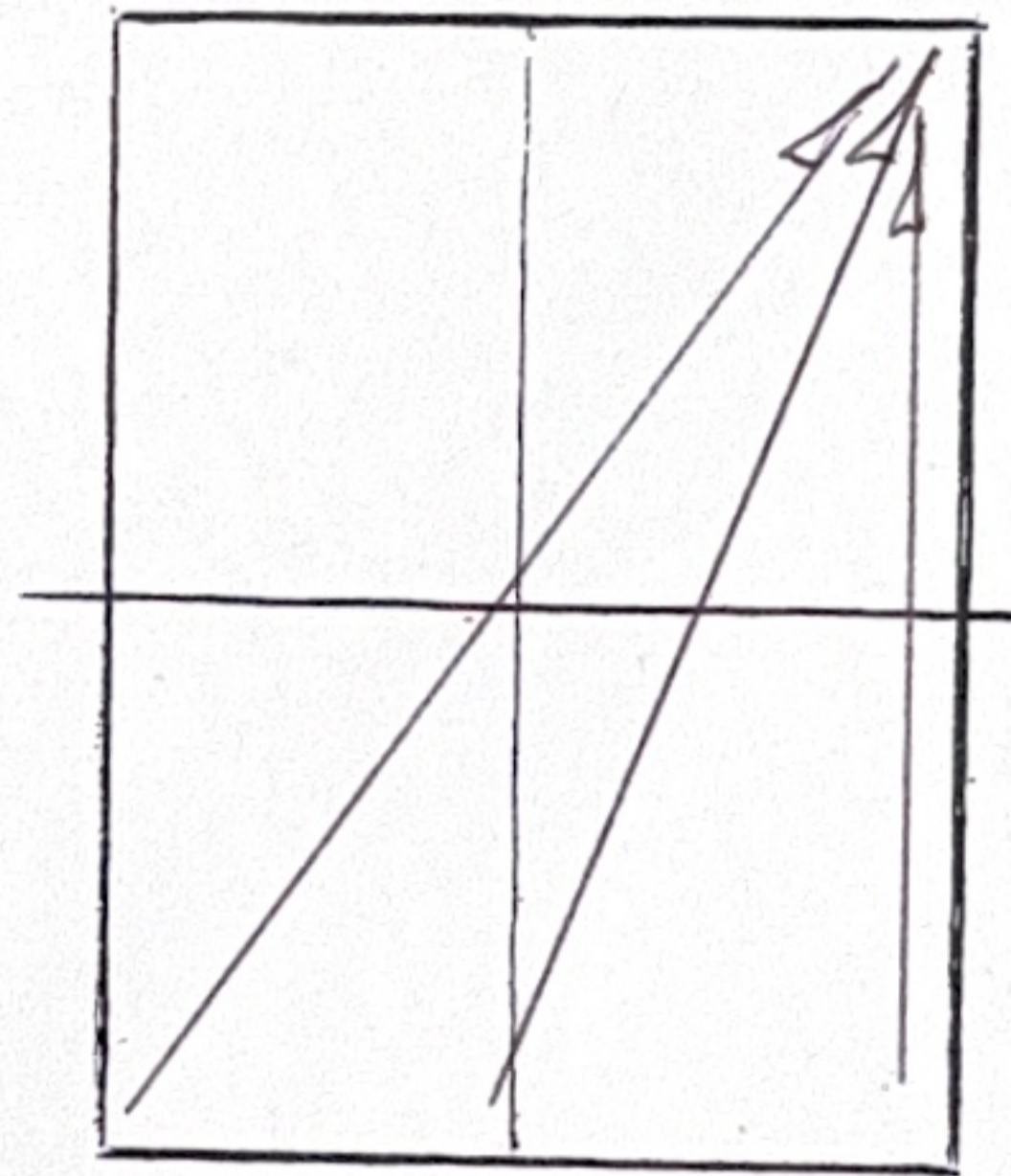
TRAINING ON TABLE 6 x 20" x 20" AT THE END - CIRCUIT TRAINING

15'



BH DOWN FH
SI ONE LINE SI

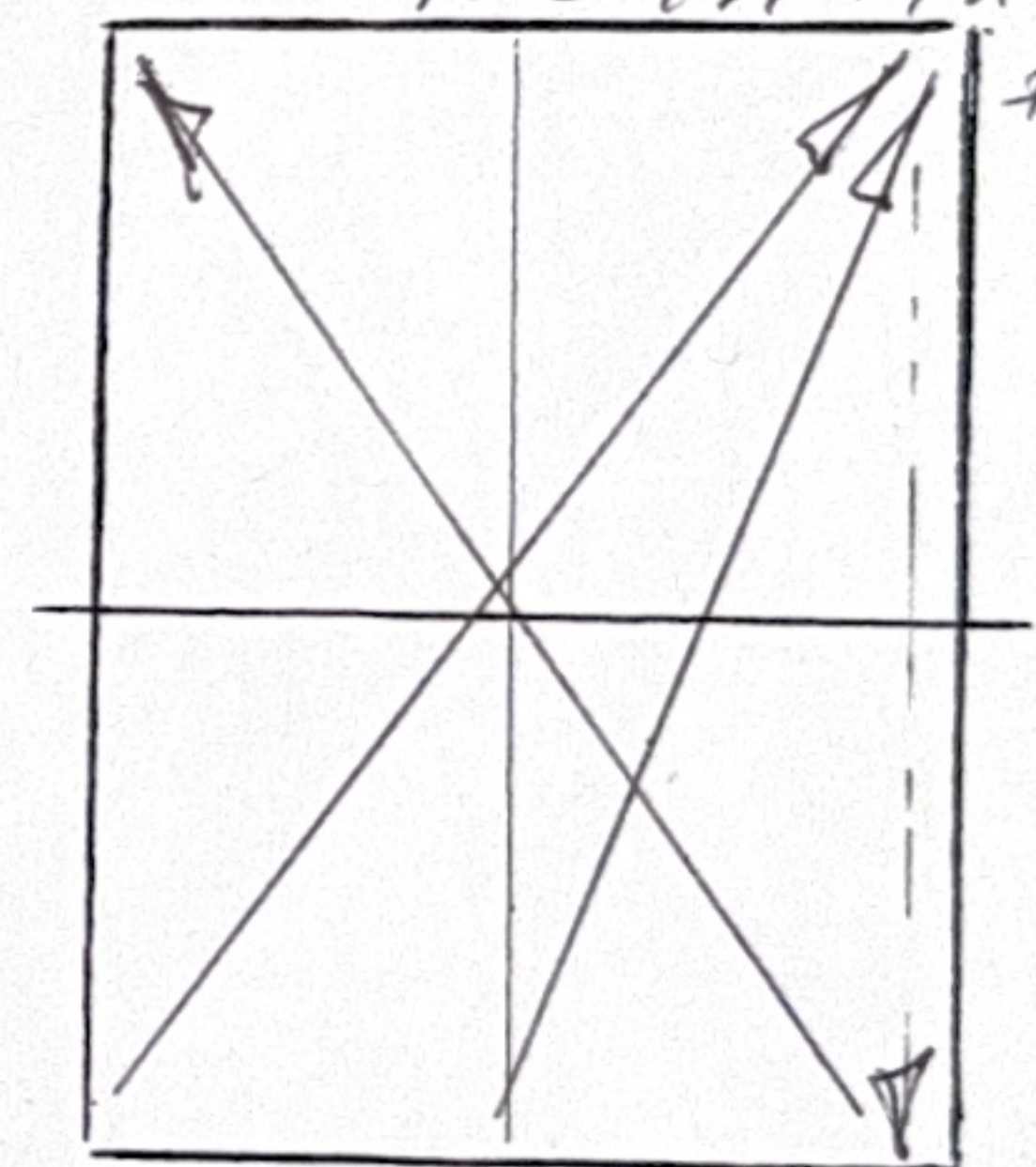
2 x 8'



BH FHS FHS
2 ? 1 2

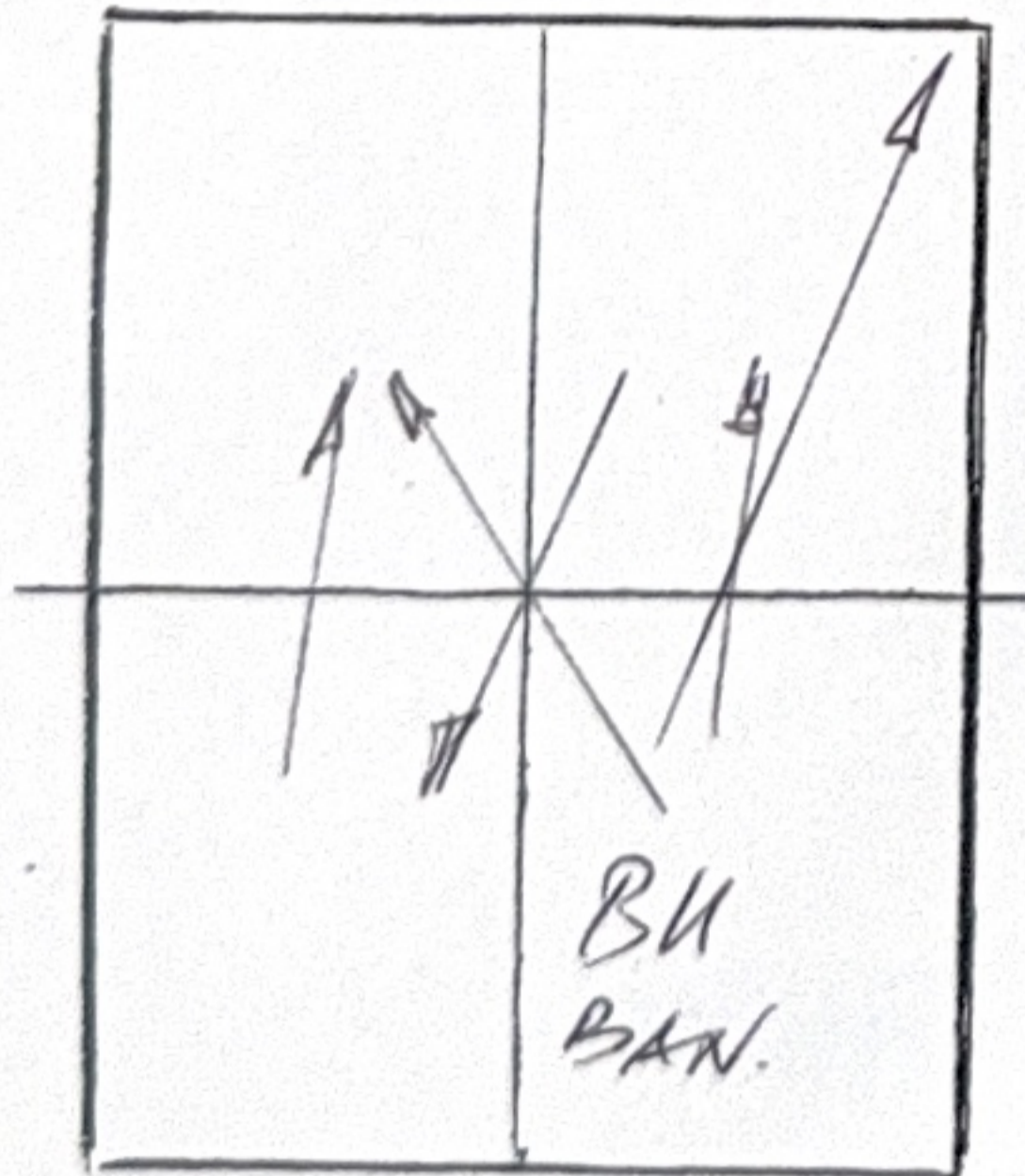
2 x 8'

RANDOMLY TO THE FH + FH FOR FH FREE



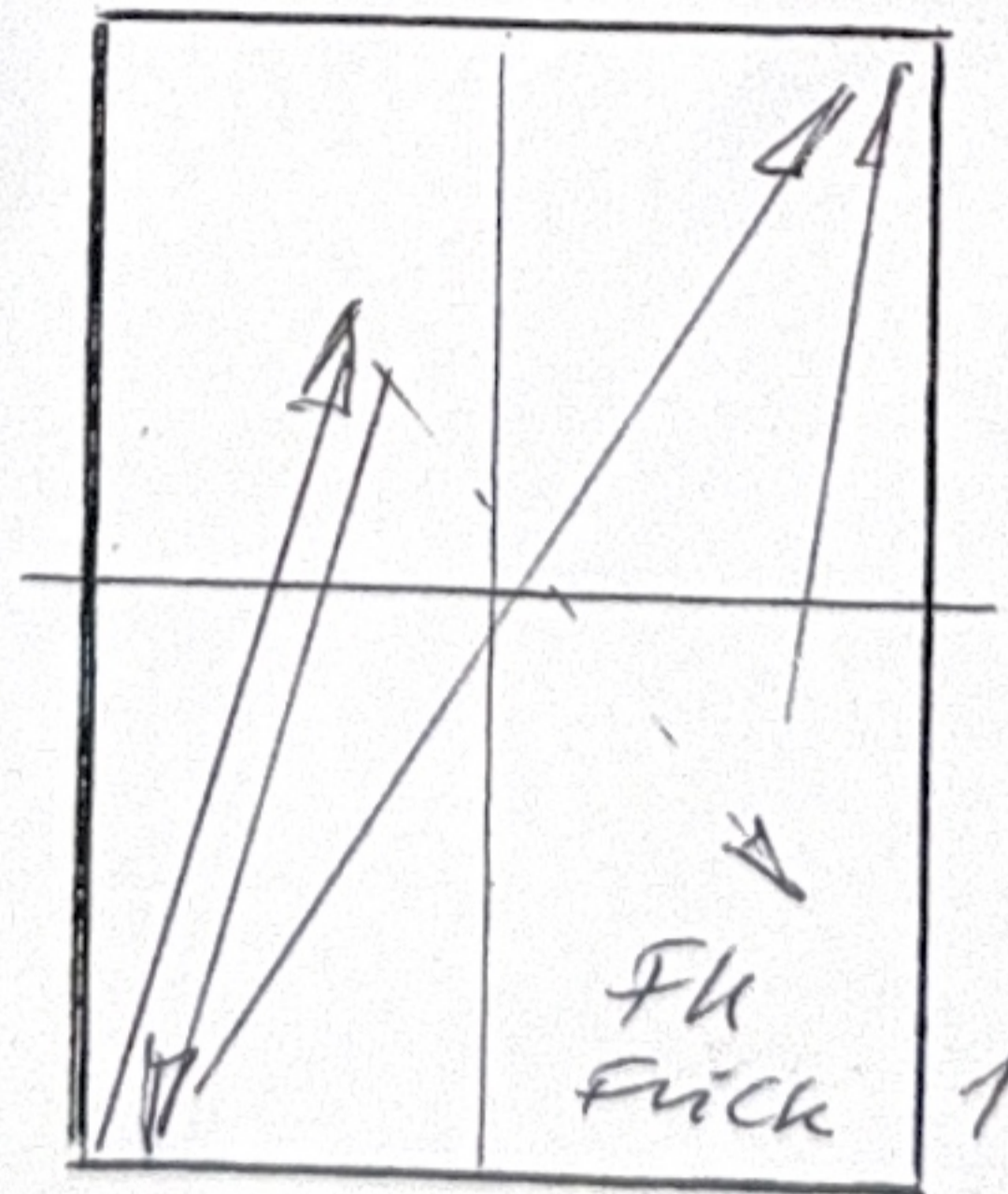
BH FHS FHS
FREE

10' - TOGETHER

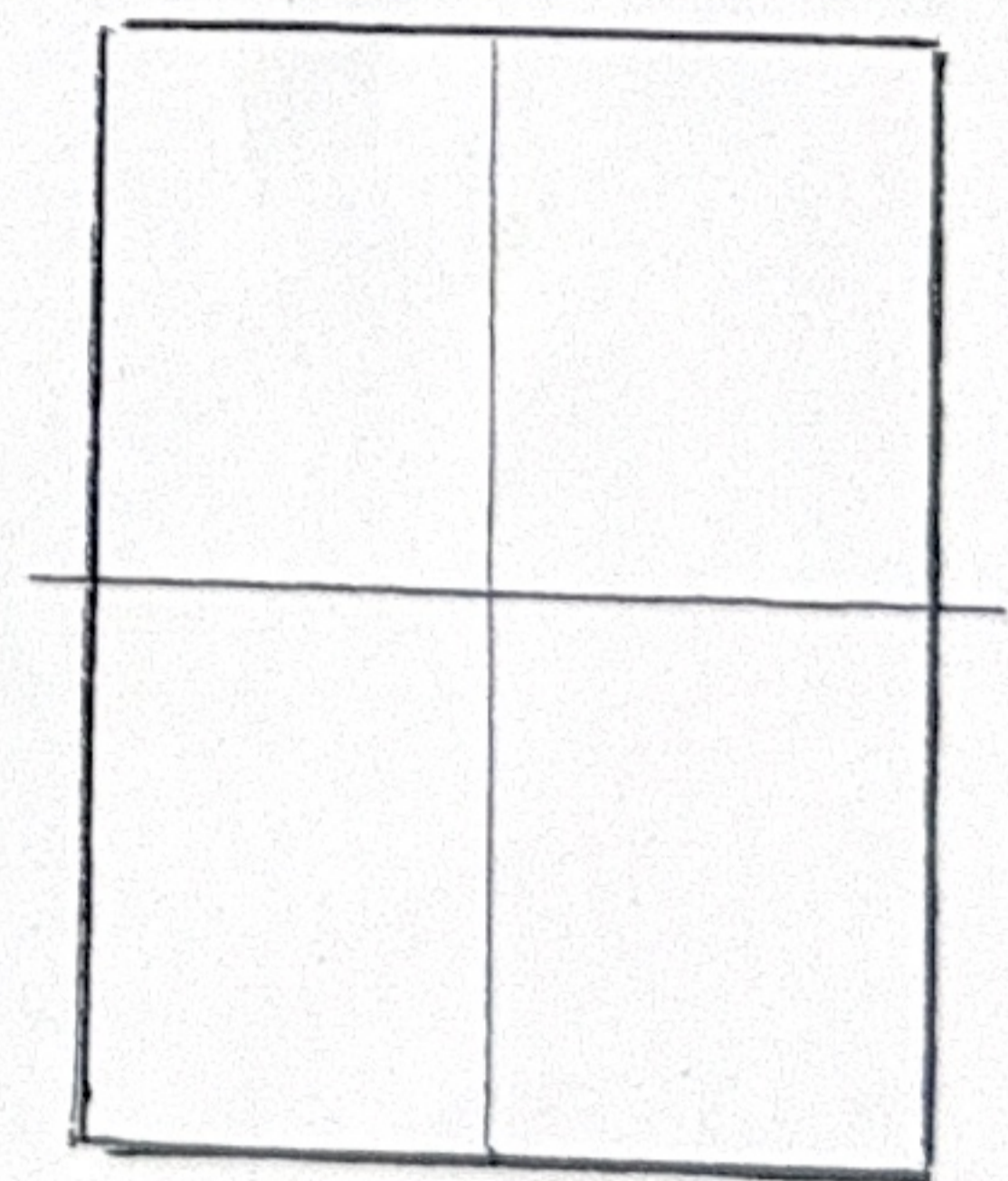


SHORT-SHORT
BH BANANA / FH FICK
TO BH + FREE
BY 2 MISTAKES

2 x 8'



SERVICE ?
BH + FREE
1



UP AND DOWN
≈ 25'

CIRCUIT TRAINING : ABDOMINALS, TRICEPS.

JUMPS ON THE BENCH, 4M. ZONE - SIDE STEP, PUSH-UPS

6. SHIPAINB OPES 6 x 30" x 30" - 2 ROUNDS