



## **AGENDA**

(Serbian time) **Activity 14:**

BG-RS workshop in functional training in Pernik – exchange of good practices

**Saturday 2.10.2021**

**PP3**

Functional training and cardio fitness for disabilities – 30 min

Video demonstrated 30 min of 53 min

**PP2**

Functional training and cardio fitness for disabilities

12.00-14.00h Zoom meeting 2 hours.

**Sunday 3.10.2021**

10.00-12.00h Zoom meeting 2 hours.

**PP3**

Spinal distortion and flat foot presentation – 30 min

Video – 30 min demonstration of 60 min

**PP2**

Functional training and cardio fitness for disabilities

Modification – presentation

Video

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