

Sunday with Liza

Master Class with Elizaveta Nazarenkova

Improving the level of sportsmanship

Developing skills of independent work

Development of plasticity and coordination

Strengthening muscles and ligaments

Personal communication with each participant

From November 29 to December 20, 2020, 2 hours of training will be held every Sunday.

International Master of Sports

Medalist of the World Games

2x Asian Champion

Champion of Russia and Uzbekistan

Medalist of World Cup



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Program

Warm up and conditioning with apparatus

Special set of exercises with elastic band

Secrets of performing different elements

Parterre choreography

New interesting AD

A set of exercises with elastic band "Healthy body"

A set of restorative exercises "Healthy back" Dance training "Everybody dance"

Chat with Elizaveta in the "question-answer" section

The most diligent ones get a chance to win special prizes:

1. Individual online training with Elizaveta
2. Sports jersey of the Spanish company "DVILLENA"
3. Memorable prize and autographed card from Elizabeth
4. Participants of all 4 trainings will receive a certificate

Schedule

Sunday 29th November from 18:00 to 20:00 (Moscow Time)

Sunday 6th December from 18:00 to 20:00 (Moscow Time)

Sunday 13th December from 18:00 to 20:00 (Moscow Time)

Sunday 20th December from 18:00 to 20:00 (Moscow Time)

Gymnasts born in 2012 and older are invited,
who have no health problems or medical contraindications

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What do you need

Free place.

Practice mat.

Sports uniform and hairstyle.

Elastic band (wide/narrow).

Apparatus (rope, hoop, ball, clubs, ribbon).

Support/chair (for stretching and balancing).

Good mood.

Technical requirements

ZOOM app and account.

Indicate the name and surname of the gymnast to identify each participant.

Camera and microphone.

Login information will be sent to the mail indicated in the application.

After payment, send a receipt to **rg-online@mail.ru** and

indicate the name, surname and age of the gymnast

The cost of participation in the series 4 trainings (8 hours) - 50€
The cost of participation in one master class 1 training (2 hours) - 15€

rg-online@mail.ru



rg-online.ru