



READY...GO Project
Application n° 2016-1-FR01-KA204-023846

Inventory from Q1 (open question)	DE	MT	LV	FI	ES	CY	FR
Sports and Physical Activities							
Contact sports							
Boxing (thai,...)							FR
Judo							FR
Karate							
Kickboxing							
Martial Arts							
Self defense						CY	
Guided activities with musical support							
Body combat						CY	
Body pump							
Breakdance							
Capoeira							
Indoor cycling					ES		
Dancing							
Zumba					ES		
Step aerobics					ES	CY	
Autogenic training							
Breathing exercises	DE						
Progressive muscle relaxation							
Therapeutic back exercises							
Meditation							

Autogenic training

Pilates							
Tai Chi course							
Yoga				FI	ES	CY	
Stretching							

Strength and cardio based activities

Bodybuilding		MT			ES		
Circuit training				FI	ES	CY	FR
Indoor climbing boulder							
Fitness	DE	MT			ES		
Crossfit			LV	FI	ES		
Power lifting							
Pull-ups							
Indoor rowing							
Tug of war						CY	
Street workout			LV				
Athletics							
Jogging							FR
Nordic walking							
Racewalking							
Running	DE						
Cardio training							
Weight lifting			LV	FI			
Swimming					ES		

Racket sports

Badminton	DE			FI			
Frontennis							
Paddle tennis							
Squash					ES		

Racket sports							
Table tennis		MT	LV		ES	CY	
Tennis							

Sport activities in natural environment							
Nordic skiing							
Trekking outdoor							FR

Ball sports							
Basketball			LV			CY	
Floorball			LV	FI			
Football		MT	LV			CY	
Handball							
Hockey							
Futsal	DE						
Rugby							FR
Volleyball	DE		LV		ES	CY	
Waterpolo							
8-Ball		MT					
Table soccer							

Others							
BMX track							FR
Skating							
Slackline							
Circus artistic arts							FR
Indoor golf							
Disc golf							
Chess							
Dartboard							