

03.22 Online CrossTraining

Equipments

- 2*1.5L bottle of water (or any similar) for ladies maybe 2*1L and gentleman maybe more tha 1.5L
- sofa or chair
- soft foam
- One bigger weight. for ex.: a six pack of water. For ladies the 2*1.5L maybe enough.

Wamp Up

Extra Warmp Up

30s Tipping/30s Hold Sit

3 rounds without rest.

Σ 3 min

Exercises

EMOM + 5 squat jump

Minden percben indulunk és minden sípszónál 5 felugrás.

1. Push ups + clap (Solo mode: touch the top of the bottle)
2. Abs press
3. Wall Sit
4. Ghetto Triceps push
5. Russian Twist (Can use equipment if you wish)
6. Forward Lounge with a weight upkeep – Just 1 leg in 1 round (You can use the bigger weight here)
7. Pick up and lift from Scale position (use the 1.5L bottle)
8. Flying situp
9. Shoulder keep
10. Tipping

2 rounds, 2 min rest between.

Σ 22 min

Plank

- 20s plank
- 10s crocodil
- 20s plank
- 10s Cross with high knees below You.
- 20s plank
- 10s rest
- 1 min left sideplank
- 1 min right sideplank

2 rounds, 1 min rest between. You should use 20/10s timer (tabata) here.

Σ 8 min

Stretching

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<https://trefitness.hu/en>

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