

## 03.23 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
- leg band
- 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

45s wall sit/30s Squat Jump

3 rounds, 20s rest between.

Σ 5 min

### Exercises

40:10

1. Bench press (with the 6 pack)
2. Plank on sofa
3. 2 steps left/right with band if you have
4. weight lift up from half squat position with 45° back.
5. Spread jump (forward and back)
6. From Plank to Pushup position
7. From squat up to your toes and stand up on toes.
8. Flying situp with weight + 90° turning (just 1 side/round)
9. In forward lounge position small squats with 2 bottles.
10. From Abs Press position take down both legs/arms slowly in 4s and back in 1 (with the 6pack weight)

3 rounds, 2 min rest between.

Σ 29 min

### Plank

- 90s left sideplank
- 90s right sideplank

Σ 3 min

### Stretching

