

03.24 Online CrossTraining

Equiptments

- 0.5L bottle of water (or any similar)
- sofa
- 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

15s hold sit/5 Squat Jumps

4 set in 1 round

3 rounds, 30s rest between.

Σ 4 mins

Exercises

Leg

- Wall Sit
- Squat with a bigger weight

1 minute each 3 rounds without rest.

Σ 6 mins

Core

30:10

- Plank to Pushup position
- At pushup position up your right arm/left leg and change.

3 rounds

Σ 4 mins

Abs

45:15

- Flying Situp
- Abs Press
- Backward swimming
- Leg Twist (over a bottle)
- Leg crossing
- From invers pike position down your legs in 4s up in 1s
- Plank
- Left sideplank
- right side plank

Σ 20 mins

Stretching

