

## 03.26 Online CrossTraining

### Equipments

- Half and 1.5L bottle
- Polifoam (soft!)
- A bigger weight or a six pack of water

### Warm Up

#### Extra Warm Up

30s tipping/30s hold sit.

3 rounds without rest

Σ 3 mins

### Exercises

4\*5 mins + 1min plank. 2 minutes rest between the sets.

I.

- 30 Chest push
- 20 Weight life to side from shoulder (slowly!)
- 10 Lollypopp

II.

- 20 Flying situp
- 30 Abs press
- 40 Backward swim (count just 1 leg!)

III

- 20 Squat Jump
- 10 Kneel Squat
- 2\*10 Forward lounge with a big weight overhead

IV.

- 20 Russian twist
- 10 Plank twist
- 20 Hips push on back

Σ 30 mins

### Plank:

2\*1.5 min sideplank without rest

Σ 3 mins

### Stretching

