

## 03.27 Online TRX

### Equipments

- A rope
- Polifoam

### Warm Up

### Excercises

50/40/30:10

#### On Foot

1. 2 arm biceps
2. W-deltoid
3. Invers row
4. A-push down
5. Side Step/Right side
6. Squat Jump
7. Side Step /Left side
8. Jump & Clap with toes

#### On Ground

9. Hips push up
10. Mountain Climbing on back
11. Hips push up with straight leg
12. Spread and close

3 rounds. 2 mins rest between.

Σ 36.5 mins

#### Plank

- 3\*1 minute plank (1 on each side without rest)

Σ 3 mins

### Stretching

