

03.28 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
- Leg band (optional)
- 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 sets in a round. 3 rounds, 30s rest between.

Σ 4 min

Exercises

45:15 (Work:Tipping)

1. 6pack lift up and push overhead
2. Flying situp
3. Triceps push on sofa or chair!
4. Wall Sit
5. 1.5L bottle lift forward with 2 arms one by one
6. In Plank position Spread and Close legs (if you have band take it on your ankle)
7. 45° side jump and step back (1 side in 1 round)
8. Push ups with legs on sofa and tight push!
9. Forward reach on back with legs pulled up.
10. Mountain climbing on ground
11. 3*1 min plank without rest and tipping!

2 rounds, 2 min rest between.

Σ 28.5 min

Stretching

