

## 03.30 Online CrossTraining

### Equiptments

- 1 1.5L bottle
- 2 soft rags
- 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 4.5 min

### Exercises

EMOM + 5 Jumping Jacks.

Start at every minute. At beep 5 jumping jacks. Without rest.

1. Chest Fly
2. Situp with pulled legs and elbows crossing.
3. Hold Sit
4. Ghetto tricepss push
5. Russian Twist (here You can use the bottle)
6. Jumping with changing legs
7. Halo
8. Lay on your back. Down your legs in 4s up in 1s
9. Touch your shoulders in pushup position (optional + pushups)
10. Goblet squat (with a bigger weight)

2 rounds, 2 minutes rest between.

Σ 22 min

### Plank

- 3 mins plank
- 1 min left side plank
- 1min right side plank
- 1min plank

Without rest.

Σ 6 min

### Stretching

