

## 04.01 TRX Online

### Equipments

- a rope
- Polifoam

### Warm Up

### Excercises

40:10

#### On Foot

1. 2 arm biceps but bend just 1 of your arms at a time.
2. Row
3. Triceps Pull Down
4. Chest Fly
5. Fast Squat
6. MoSquat Jump
7. Small Squats
8. Jump on Toes

3 rounds. 1 minute rest between.

Σ 22 mins

#### On Gground

1. Pike
2. Mountain climbing
3. Atomic Pushup
4. Superman Plank
5. Abs Roll Out

3 rounds. 1 minute rest between.

Σ 14.5 mins

#### Plank

- 2\*90s sideplank (without rest)

Σ 3 mins

### Stretching

