

04.02 Online CrossTraining

Equipments

- Half and 1.5L bottle
- Band for ankle (if you have)
- Few books or bokszo or step pad (don't worry we won't step on books ☺)
- Polifoam (soft!)
- A bigger weight or a six pack of water

Warm Up

Extra Warm Up

10s tipping/2squat jumps

1 round is 6 set. We'll do 3 rounds with 20s rest between.

Σ 4 mins

Exercises

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

I.

- 20 Clean & Jerk
- 2*10 Halo
- 2*10 pushups. 1 of your arm is hightened (on books for eg. and one by one)

II.

- 20 Flying situp
- 10 clap while lay down on abs (clap at back and forth)
- 20 stretching toward your ankle. Lay back legs pulled up.

III

- 40 Mountain Climbing (at a desk or on the ground)
- 2*5 twice left/right (with a band on ankle or keep a weight)
- 2*10 Forward lounge with a big weight overhead

IV.

- 2*5 Touch your waist in plank (one by one)
- 2*10 sideplank fly
- 2*10 side weight pull up.

Σ 30 mins

Plank:

2*1.5 min sideplank without rest

Σ 3 mins

Stretching

