

## 04.04 TRX Online

### Equipments

- a rope
- Polifoam

### Warm Up

### Excercises

40:10

Do every set twice without rest. 1-2 min rest between the rounds.

I.

1. Biceps
2. W-deltoid
3. Triceps push
4. Push Ups

II.

1. Forward Lounge (1 leg / round)
2. Squat Jump
3. Backward lounge/Pistol Squat (1 leg / round)
4. Bunny Hopp

III.

1. 90° turn with straight arm (1 side/round)
2. Side push
3. From squat push overhead and turn 90° (1 side/round)
4. OISide hips push

IV.

1. Heek pull up
2. Mountain Climbing
3. Spread/Close with hips lifting
4. Candle

Σ 32 mins

### Plank

- 2 mins plank
- 1 min left sideplank
- 1 min right sideplank

Without rest.

Σ 4 mins

### Stretching

