

## 04.04 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/chair
- 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

30 tipping/30s hold sit

3 rounds, without rest.

Σ 3 mins

### Exercises

EMOM+ 4 Squat jump with 90° turn (1 whole circle. 1 side in 1 round)

1. Wall Sit (with weight)
2. Side shoulder keep (2\*1,5L for eg.)
3. Flying Situp
4. 1 legged jump. arms on sofa/chair (left/right 1 leg in 1 round)
5. Chest push (with the 6 pack)
6. Leg Twist (over a can)
7. From squat up to toes and stand up on toes.
8. Tight/Wide pushups
9. Backward laying keep up your legs and push up your hips
10. Tipping
11. 3\*1 min plank

2 rounds. 2 mins rest between.

Σ 30 mins

### Stretching

