

## 04.06 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
- Pen or pencil
- 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

15s hold sit/5 squat jumps

1 round is 4 sets.

3 rounds, 30s rest between.

Σ 4 mins

### Exercises

E45:15 (Work:Tipping)

1. Shoulder lift with straight arms one by one but parallel(2\*1,5L)
2. Sidejump over a pen/pencil
3. Lay back and reach forward to your ankle (leg pulled up)
4. Clean & Jerk with the bigger weight
5. Situp Cross with elbow touch the knee.
6. Goblet squat (with the bigger weight)
7. Pushups. Leg on sofa/Chair
8. Hlay on belly. Clap forward and back
9. Lay on back. Push up your hips with pulled up legs.
10. Ghetto triceps push
11. Side weight lift (1arm/round)
12. Jumping and change leg

2 rounds. 2 mins rest between

Σ 26 mins

### Plank

- 3 min plank
- 1 left sideplank
- 1 min right sideplank
- 1 min plank

Together without rest

Σ 6 mins

### Stretching

