

## 04.07 Online CrossTraining

### Equiptments

- 1.5L bottle of water (or any similar)
- 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

10s tipping/1 burpee

1 round is 6 sets

3 rounds, 20 sec rest between

Σ 4 mins

### Exercises

#### Legs

EMOM

1. Wall Sit
2. Goblet Squat with the bigger weight

3 rounds without rest.

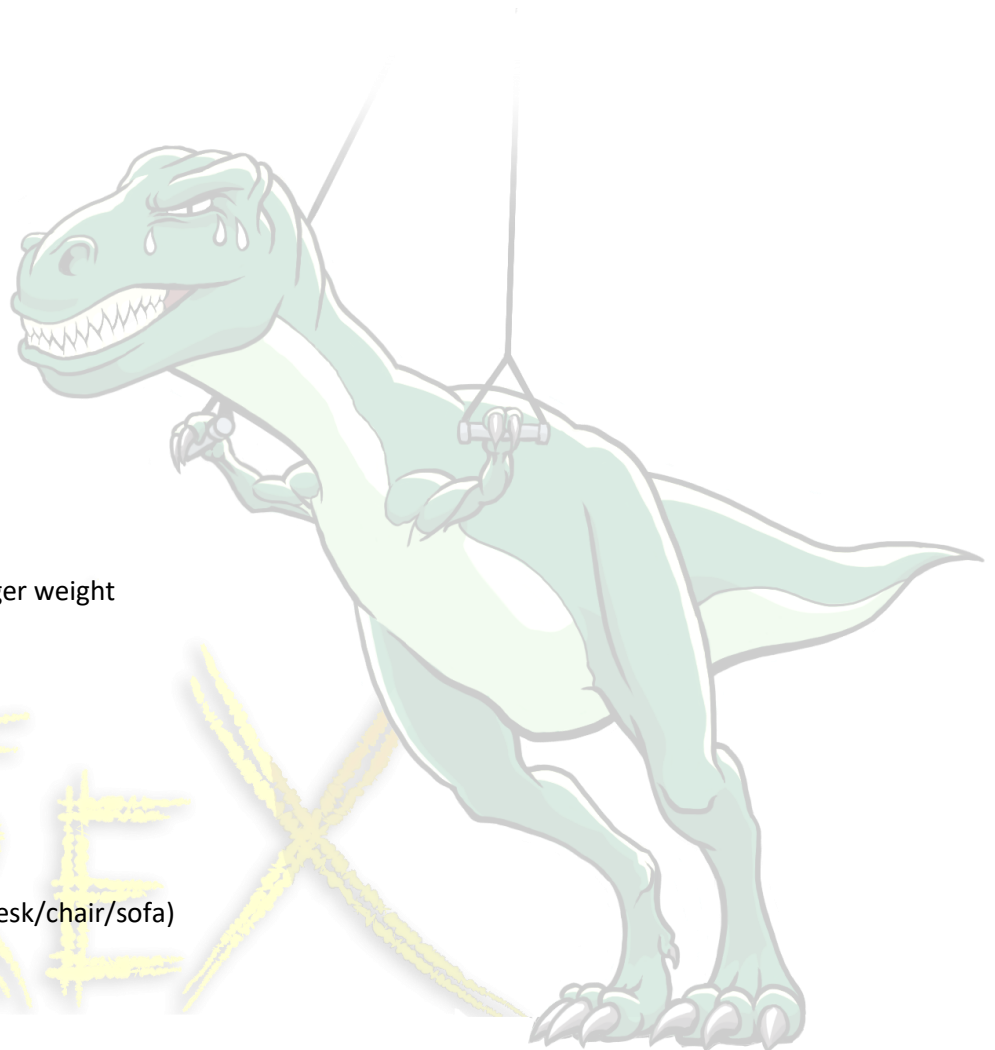
Σ 6 mins

30:10

- Tipping
- Jumping and change legs
- Mountain Climbing (at a desk/chair/sofa)

3 rounds without rest.

Σ 8 mins



## Abs

45:15

1. Flying Situp
2. Abs press
3. Backward swimming
4. Russian twist
5. Crossing backward
6. @Inverz Pike position down in 4 back in 1 and keep the bigger weight in your hand.
7. Plank while legs on chair/sofa

2 rounds. 2 mins rest between

Σ 14 mins

## Plank

- 2\*90s sideplank. Without rest.

Σ 3 mins

## Stretching

