

04.08 TRX Online

Equipments

- A rope
- Polifoam

Warm Up

Excercises

50/40/30:10

On Foot

1. Biceps curl 1 by 1
2. Invers row
3. Triceps pull down with straight arm
4. I/Y fly 1 by 1
5. Forward lounge with right leg
6. Squat Jump
7. Forward lounge with left leg
8. 3 small squats and jump and change leg

On Ground

9. Pushup Pike
10. Mountain Climbing
11. From Plank to Pushup position and back
12. Side Crouch

3 rounds. 2 mins rest between.

Σ 36.5 perc

Plank

- 3*1 min plank (1' on every side)

Σ 3 mins

Stretching

