

## 04.10 Online TRX

### Equipments

- Rope
- Polifoam

### Warm Up

### Excercises

#### On Foot

40:10

1. 1 arm biceps (at 3rd round with 2 arms)
2. Squat Jump
3. 1 arm tight row with squat
4. Bunny hopp
5. 1 legged push ups
6. Mountain climbing
7. I/Y/T –fly
8. Jump on Toes

3 rounds. 1 minute rest between.

Σ 22 mins

#### On Ground

1. Pike
2. Mountain climbing
3. Plank → Pushup
4. Crokodil
5. Abs Roll Out

3 rounds. 1 minute rest between.

Σ 14.5 mins

#### Plank

- 3\*1 minute plank (1' on each side without rest)

Σ 3 mins

### Stretching

