

04.11 Online CrossTraining

Equipments

- 2*1.5L bottle
- 2 soft rags
- 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

45s wall sit/30s Squat Jump

3 rounds, 20s rest between.

Σ 4.5 min

Exercises

EMOM + 5 Jumping Jacks.

Start at every minute. At beep 5 jumping jacks. Without rest.

1. Shoulder lift with straight arm and 2 smaller weight
2. Situp with pulled legs and elbows crossing.
3. Hold Sit
4. Ghetto triceps push
5. Russian Twist (here You can use the bottle)
6. Jumping with changing legs
7. Pick up and Jerk (with bigger weight)
8. Lay on your back. Down your legs in 4s up in 1s
9. Pushups + Touch your shoulder with your palm
10. Goblet squat (with a bigger weight)

2 rounds, 2 minutes rest between.

Σ 22 min

Plank

- 3 mins plank
- 1 min left side plank
- 1min right side plank
- 1min plank

Without rest.

Σ 6 min

Stretching

