

04.13 Online CrossTraining

Equiptments

- 2* 1.5L bottle
- Chair/sofa
- 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

3 rounds, 30s rest between.

Σ 4 mins

Exercises

45:15(Work:Tipping)

1. Left the bottle with bended back and half squat.
2. Wall Sit
3. Chest push
4. 2 left/wight (step. with a band optional)
5. Halo
6. Forward lounge (overhead bigger weight. 1 leg at a round)
7. Mountain Climbing
8. push ups (wide)
9. 1 legged side jump while keep yourself on sofa/chair
10. Clean

3 rounds, 2 minutes rest between.

Σ 34 mins

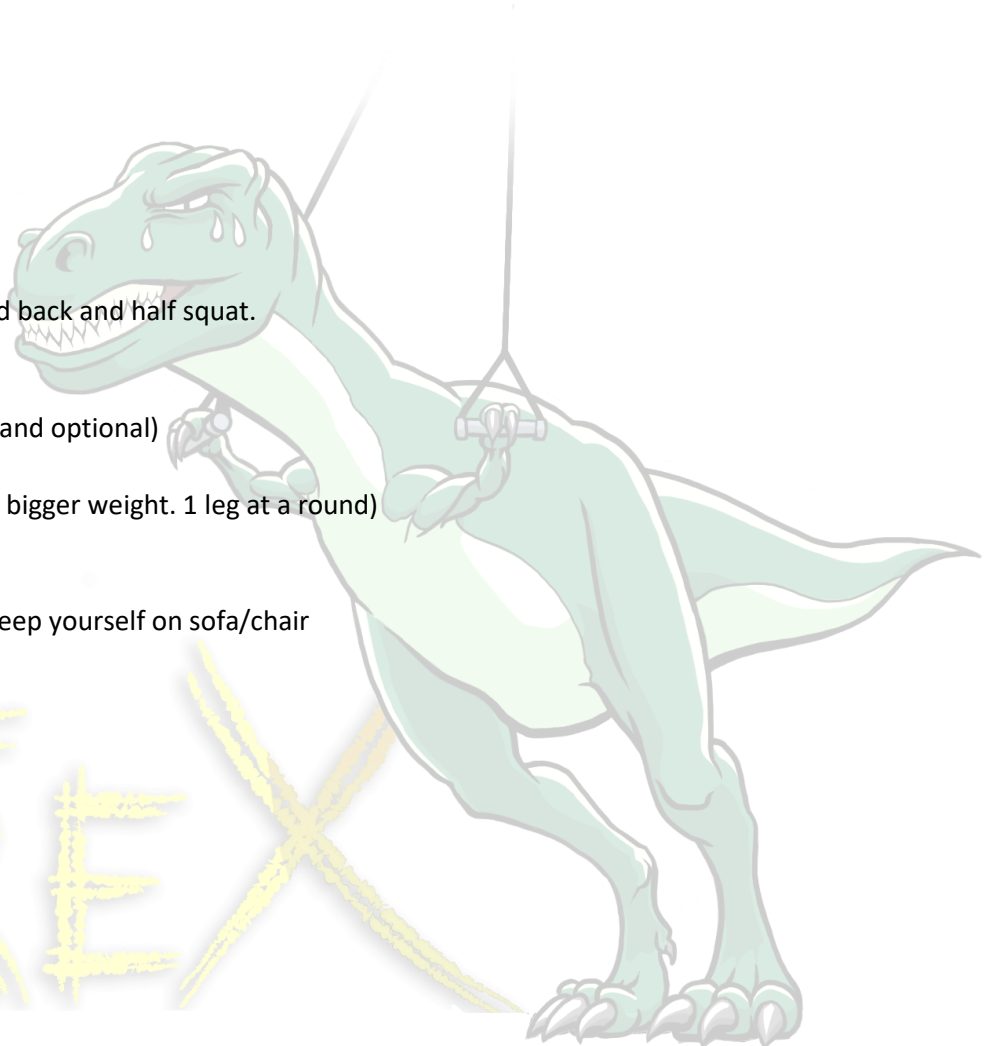
Abs

30:30

- Flying Situp
- Abs Press
- Backward Swimming
- Russian Twist
- Leg Cross
- Down your leg in 4 s

Without rest. 3 rounds. 1 min rest between.

Σ 11 mins



Plank

- 2 mins plank
- 2 min left side plank
- 2min right side plank

Without rest.

Σ 6 min

Stretching

