

## 04.14 Online CrossTraining

### Equipments

- 1.5L bottle
- Soft foam
- One bigger weight. for ex.: a six pack of water. For ladies the 2\*1.5L maybe enough.

### Wamp Up

#### Extra Warm Up

10s tipping/1 burpee

1 round is 6 set.

3 rounds 20s rest between.

Σ 4 mins

### Leg

EMOM

1. Wall Sit
2. Goblet Squat

3 rounds without rest

Σ 6 mins

30:10

- Jumping and change legs
- 1 legged side jump
- Spread Jump with half squat

3 rounds without rest

Σ 6 mins

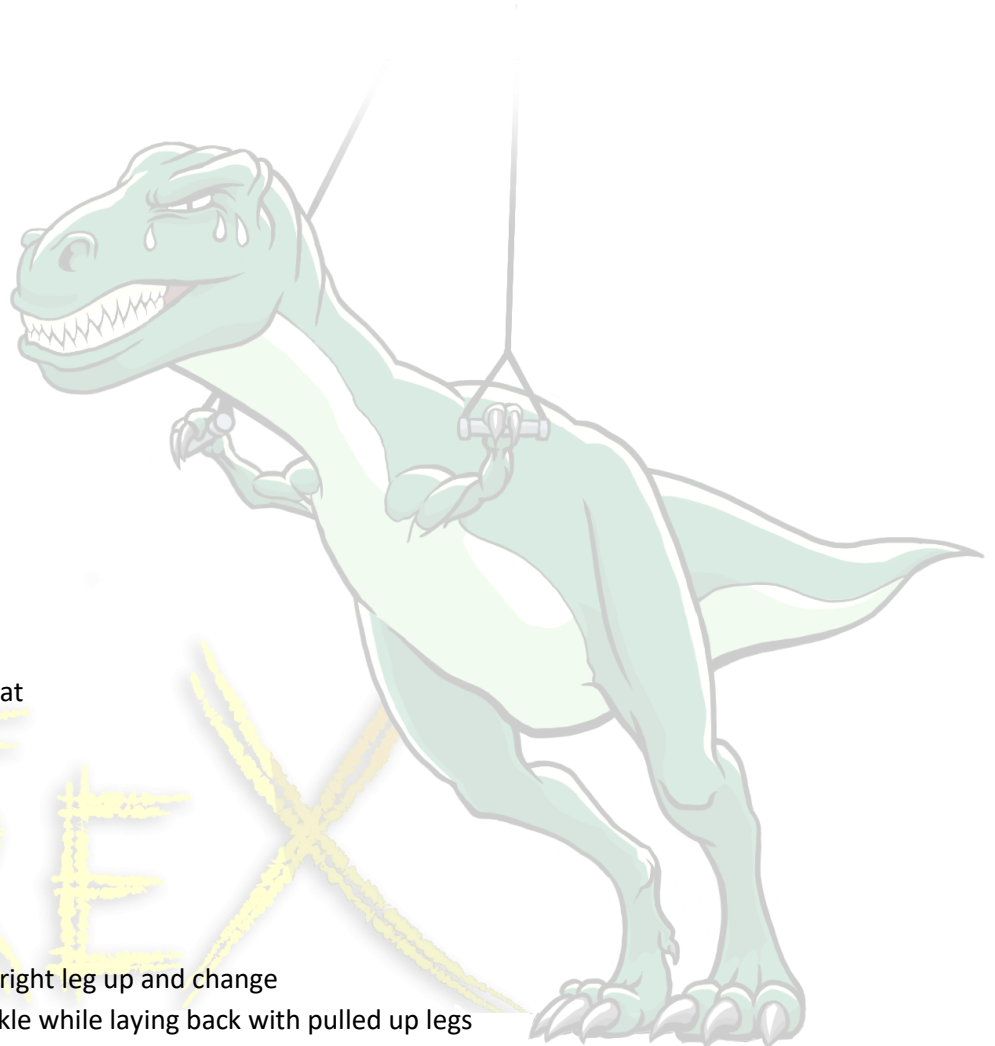
### Abs/Core

45:15

- pushup position left arm/right leg up and change
- Forward reach to your ankle while laying back with pulled up legs
- Backward Swimming
- Russian Twist
- Push up your hips with 1 leg up (1 leg/round )
- Plank Twist
- Side plank chest fly (1 side/round)
- Side pull up with bigger weight

2 rounds. 2 mins rest between.

Σ 18 mins



## Plank

- 1 min on each side

Without rest.

Σ 3 mins

## Stretching

