

04.15 Online TRX

Equipments

- Rope
- Polifoam

Warm Up

Excercises

On Foot

50/40/30:10

On Foot

1. Biceps Inside
2. W-deltoid
3. A-push down
4. T-Fly
5. Forward Squat
6. Mountain Climbing
7. A-Skip
8. Jump Skip

Ont The Ground

9. Hips push up with pulled up leg
10. Mountain Climbing
11. Hips push up with straight leg
12. Candle

3 rounds. 2 mins rest between.

Σ 36.5 mins

Plank

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

Σ 3 mins

Stretching

