

04.18 Online CrossTraining

Equipments

- 2* 1.5L bottle
- Chair or sofa
- Polifoam (soft!)
- A bigger weight or a six pack of water

Warm Up

Extra Warm Up

30s skating/30s goblet squat

3 rounds without rest

Σ 3 mins

Exercices

EMOM + 5 squat jumps

1. Bench press with 1 leg in the air and hips keep high. (1 leg/round)
2. Flying Situp
3. Hold Sit
4. Side Keep with straight arm
5. Russian Twist
6. Mountain Climbing
7. Triceps push from neck
8. Abs Press
9. 1 legged side jump and palms on sofa/chair
10. Lollypopp
11. Tipping
12. 3*1 min plank

2 rounds. 2 mins rest between.

Σ 30 mins

Stretching

