

04.20 Online CrossTraining

Equipments

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

Warm Up

Extra Warm Up

45s wall sit/30s squat jump

3 rounds. 20s rest between

Σ 5 mins

Exercises

45:15 (Work:Tipping)

1. Bench Press with high hips
2. Flying Situp
3. Kick forward from hold sit
4. Arm lift from Triceps keep on sofa
5. Back stretch and clap
6. From squat jump up to wild spread and back
7. Forward arm lift parallel
8. Down in 4s back in 4 while lay down
9. Goblet squat
10. Plank with legs on sofa
11. +10 pushups in the same position

Σ 24 mins

Plank:

2*1.5 min sideplank without rest

Σ 3 mins

Stretching

