

## 04.21 Online CrossTraining

### Equiptments

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

### Wamp Up

#### Extra Warmp Up

10s tipping/1 burpee

1 round is 6 set.

3 rounds 20s rest between.

∑ 4 mins

### Leg

EMOM

1. Forward Lounge (1leg/round)
2. Hold Sit

3 rounds without rest

∑ 6 mins

30:10

- Jumping and change legs
- Skating
- Mountain Climbing

3 rounds without rest

∑ 6 mins

### Abs/Core

45:15

1. pushup position left arm/right leg up and change
2. Push up your hips with 1 leg up (1 leg/round )
3. Situp with elbows touching the knees crossed.
4. Forward reach to your ankle while laying back with pulled up legs
5. Backward Swimming
6. Russian Twist
7. Plank Twist
8. Side pull up with bigger weight

2 rounds. 2 mins rest between.

∑ 18 mins



## Plank

- 1 min on each side

Without rest.

Σ 3 mins

## Stretching

