

## 04.22 Online TRX

### Equipments

- Rope
- Polifoam

### Warm Up

### Excercises

50/40/30:10

### On Foot

1. Biceps to chin
2. Invers row
3. Overhead back extense
4. Chest fly
5. Sidestep/right
6. Small Squats
7. Sidestep/left
8. Jump on toes

### On Ground

9. Pike with spread
10. Mountain Climbing
11. Plank → Pushup
12. In plank position touch your waist

3 rounds. 2 min rest between.

Σ 36,5 mins

### Plank

- 2\*90s sideplank

Σ 3 mins

### Stretching

