

## 04.23 Online CrossTraining

### Equipments

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

### Warm Up

#### Extra Warm Up

30s tipping/30s hold sit

3 rounds without rest

Σ 2 mins

#### Exercises

4\*5 mins + 1min plank. 2 minutes rest between the sets.

I.

- 20 clean & jerk
- 10 halo (left/right)
- 10 flying pushups (5tight/wide)

II.

- 20 flying situp
- 40 backward swimming
- 2\*10 leg push up on back

III.

- 2\*20 side jump on 1 leg keep at sofa
- 40 mountain climbing
- 10 kneel squat
- 

IV.

- 2\*5 superman plank (left/right)
- 20 leg twist
- 10 arm change in pushup position legs on sofa

Σ 30 mins

#### Plank:

2\*1.5 min sideplank without rest

Σ 3 mins

#### Stretching

