

04.24 Online TRX

Equipments

- Rope
- Polifoam

Warm Up

Excercises

On Foot

40:10

1. 1 arm biceps (at 3rd round with 2 arms)
2. Squat Jump
3. 1 arm tight row with squat
4. Bunny hopp
5. 1 legged push ups
6. Mountain climbing
7. I/Y/T –fly
8. Jump &Clap with Toes

3 rounds. 1 minute rest between.

Σ 22 mins

On Gground

1. Pike
2. Mountain climbing
3. Atomic Pushup
4. Superman Plank
5. Abs Roll Out

3 rounds. 1 minute rest between.

Σ 14.5 mins

Plank

- 3*1 minute plank (1 on each side without rest)

Σ 3 mins

Stretching

