

04.25 Online CrossTraining

Equipments

- 2*1.5L bottle of water (or any similar) for ladies maybe 2*1L and gentleman maybe more tha 1.5L
- sofa
- Chair/Sofa
- soft foam
- One bigger weight. for ex.: a six pack of water. For ladies the 2*1.5L maybe enough.

Wamp Up

Extra Warmp Up

30s tipping/30s Hold sit

3 rounds without rest.

Σ 3 mins

Exercises

EMOM + 5 squat jumps

1. Chest push
2. Abs press
3. Wall Sit
4. Getto triceps push
5. Russian Twist
6. Forward lounge with overhead weight keep
7. Skating
8. Weight lift with straight arm and bended hips
9. Flying situp
10. Tight Pushup keep with. Legs on sofa
11. Side Jump with 1 leg.
12. 3*1 min plank

2 rounds, 2 mins rest between.

Σ 30 mins

Stretching



