

04.28 Online CrossTraining

Equiptments

- 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

30s tipping/30s hold sit

3 rounds. No rest between.

Σ 3 mins

Leg

EMOM

1. Wall Sit
2. Jump and chang legs
3. Goblet Squat

3 rounds without rest

Σ 6 mins

Abs/Core

45:15

1. Pushup position arm switching while legs on sofa/chair
2. Push up your hips with 1 leg up (1 leg/round)
3. Flying situp
4. Backward Swimming
5. Pulled up legs heels in the air and small abs press forward
6. Russian Twist
7. Cross your legs
8. Move down your legs and arms together (with weight) in 4s back in 1
9. Plank
10. Plank left side
11. Plank right side

2 rounds. 2 mins rest between.

Σ 24 mins

Stretching

