

## 04.30 Online CrossTraining

### Equipments

- 1.5L bottle
- Chair/Sofa
- Pen or Pencil
- Leg band if you have. (optional)
- Polifoam (soft!)
- A bigger weight or a six pack of water

### Warm Up

#### Extra Warm Up

30s skating/60s hold sit

3 rounds without rest

Σ 4,5 mins

### Exercices

4\*6 mins. 2 minutes rest between the sets.

I.

- 20 Bench press
- 10 arm lift with straight arm and bended legs and hips
- 10 clean

II.

- 30 Forward reach to you heels
- 40 Crossing your legs while lay on back
- 10 clap lay on belly (back/forth)

III.

- 20 jump back/forth over a pen/pencil
- 40 mountain climbing
- 2 steps left/right (with a band optional)

IV.

- 2\*10 side lift with bigger weight
- 20 leg twist
- 10 arm change in pushup position legs on sofa

Σ 30 mins

### Plank:

3\*1min plank without rest

Σ 3 mins

### Stretching

