

05.01 Online TRX

Equipments

- Rope
- Polifoam

Warm Up

Excercises

On Foot

40:10

1. 1 arm biceps (3rd round normal biceps curl)
2. Fast Squat
3. Triceps push
4. Squat Jump
5. I/Y/T-Fly
6. Small Squats
7. Push ups
8. Small Jumps on toes.

3 rounds. 1 minute rest between.

Σ 22 mins

On Ground

1. Pushup pike
2. Mountain climbing
3. Pushup keep and shoulder touch
4. Plank
5. Abs Roll Out

3 rounds. 1 minute rest between.

Σ 14.5 mins

Plank

- 2*90s sideplank

Σ 3 mins

Stretching

