

## 05.04 Online CrossTraining

### Equiptments

- Soft foam
- 1.5L bottle or smaller 1 arm weight
- 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.

∑ 3 mins

### Exercises

EMOM + 5 Squat jump

1. Flying Situp
2. Pushups (1 wide/tight)
3. Wall Sit
4. Plank legs on sofa
5. Jump & change legs
6. Goblet Squat
7. Side Lift up with bigger weight
8. 1 legged dead lift (1 leg/round)
9. Clean & Jerk with bigger weight
10. Mountain Climbing
11. Forward reach (lay on back pulled up heels) (left/right)

2 rounds. 2 mins rest between.

∑ 24 mins

Plank

- 2 mins in chest
- 1 min left sideplank
- 1 min right sideplank

∑ 4 mins

### Stretching

