

## 05.06 Online TRX

### Equipments

- Rope
- Polifoam

### Warm Up

### Excercises

40:10

I.

1. 1 arm fist turning biceps
2. W-deltoid
3. Invers row
4. Inverz chest fly

II.

1. Bulgarian squat (right leg)
2. 1 legged hips push up (right leg)
3. 1 legged hips push up (left leg)
4. Bulgarian squat (left leg)

III.

1. 90 degree turn with straight arm (1 side/round)
2. Elbow lift at squat position.
3. Side push
4. Side hips push

IV.

1. Pike
2. Mountain Climbing
3. Atomic pushup
4. Side Crunch

2 rounds from every blokk.1-2 mins rest between the blokks.

Σ 31,5 mins

### Plank

- 2 mins on chest plank
- 1 min on left sideplank
- 1 min on right sideplank

Σ 4 mins

### Stretching

