

05.12 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 without rest

Σ 3 mins

Leg

EMOM

1. Wall Sit
2. Goblet Squat

3 rounds without rest

Σ 6 mins

Abs/Core

45:15

1. Invers Arm/Leg lift in pushup position
2. Flying Situp
3. Forward Reach to ankles (left/right)
4. Abs Press
5. Backward swimming
6. Hips push up with 1 leg up. (down slowly)
7. Russian Twist
8. Cross your legs
9. Legs down in 4s back in 1 lay on back with bigger weight
10. 3*1 min plank

2 rounds. 2 mins rest between.

Σ 26 mins

Stretching

