

05.15 Online CrossTraining

Equipments

- Soft foam
- Chair/sofa
- 2 1.5L bottle
- Ankle band (optional)
- One bigger weight. for ex.: a six pack of water. For ladies the 2*1.5L maybe enough.

Wamp Up

Extra Warmp Up

15s hold sit/5 squat jump

1 round is 4 set. 3 round. 30s rest between rounds

Σ 4.5 mins

Exercises

45:15

45:15 (Work:Tipping)

1. Bench Press with high hips keep
2. Situp and cross your elbows
3. 2 step left/right in hold sit (with band optionally)
4. Triceps push on chair/sofa
5. Leg Twist
6. Jump & Change leg
7. Kneel → Squat
8. Plank → Pushup
9. Backward swimming
10. Shoulder side keep with a bottle
11. Goblet squat

2 rounds. 2 mins rest between.

Σ 24 mins

Plank

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

Stretching

