

## 05.19 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 Warm Up

10s tipping/1 burpee

1 round is 6 sets.

3 rounds, 20s rest between.

∑ 3.5 mins

### Leg

#### EMOM

1. Hold Sit
2. Forward Lounge with overhead weight

3 rounds without rest

∑ 6 mins

### 30:10

- Skating
- Mountain Climbing
- 1 legged side jump at sofa

3 rounds without rest

∑ 6 mins

### Abs/Core

30:0

1. Flying Situp
2. Abs Press
3. Backward swimming
4. Russian Twist
5. Cross your legs
6. Legs down in 4s back in 1 lay on back.

3 rounds. 1 mins rest between.

∑ 11 mins



## Planks

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

Σ 4 mins

## Stretching

