

## 05.20 Online Spártai

### Equipments

- Polifoam
- Chair/Sofa
- Bigger weight (6 pack of water bottles for eg.)

### Warm Up

### Exercises

I.

- 3 min wall sit + 10 Burpee

2 rounds. 2nd start at 4 min.

Σ 8 mins

II.

- Farmer walking (if you have just 1 big bell than overhead walk) – 2 mins
- 10 jumping jack

2 rounds. 2nd start at 3 min.

Σ 6 mins

III.

- 30 Squat Jump
- 30 Push ups
- 30 Triceps push
- 30 Flying Situp
- 30 Leg raise

2 rounds . 2nd start az 5. min.

Σ 10 mins

IV.

- Side arm lift with straight arm (right)
- Lay back and keep your leg on inches (straight)
- Side arm lift with straight arm (left)
- Lay back hips up and keep a bench
- Tipping

2 mins each.

Σ 10 mins



V.

- 1 min chesh plank
- 1 left sideplank
- 1 right sideplank
- 1 min chesh plank

Σ 4 mins

Stretching

