

05.22 Online CrossTraining

Equiptments

- Soft foam
- Chair/sofa
- 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

30s tipping / 30s hold sit

3 rounds.

Σ 3 mins

Exercises

EMOM + 5 squat jump

1. Bench Press with high hips keep
2. Situp and cross your elbows
3. Wall Sit
4. Triceps push on chair/sofa
5. Leg Twist
6. Jump & Change leg
7. Kneel → Squat
8. Plank → Pushup
9. Backward swimming
10. Side lift with bigger weight
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

