

11.11 Online CrossTraining

Equipments

- Half and 1.5L bottle
- Polifoam (soft!)
- A bigger weight or a six pack of water

Warm Up

Extra Warm Up

10s tipping/2 squat jumps.

3 rounds. 20s rest between

Σ 4 mins

Exercices

4*5 mins + 1min plank. 2 minutes rest between the sets.

I.

- 20 Lift up and Chest push
- 10 Halo
- 20 Pushups. Legs on sofa.

II.

- 20 Flying situp
- 10 clap @ back stretch
- 15 Reach to ankle

III

- 40 Mountain climbing (on floor or desk)
- 2/2 steps left right 5 times
- 2*10 Forward lounge with a big weight overhead

IV.

- 5 times touch your waist in plank
- 2*10 Sideplank fly
- 2*10 Side lift with bigger weight

Σ 30 mins

Plank:

2*1 min plank without rest.

Σ 3 mins

Stretching

