

11.16 Online CrossTraining

Equipments

- Soft foam
- Chair/sofa
- 1 or 2 1.5L bottle

Wamp Up

Extra Warm Up

10s tipping/1 burpee

3 rounds. 20s rest between.

Σ 4 mins

Power Test

(Don't panic :D)

Do 20 from every exercises. or 20s from the plank. Do as many rounds as you can. And we'll discuss at the end ;)

1. Squat Jump
2. Push ups
3. Flying Situp
4. Triceps push
5. Mountain Climbing (left/right is 1! Arms on sofa!)
6. Plank legs on sofa!
7. Russian Twist
8. Hold sit & kick (10 left 10 right)
9. Plank → Pushup
10. Backward Swimming (Left/right is 1!)
11. Forward lounge with weight on chest(one by one)
12. Straight arm levering with bended hips and back (girls: 1 guys: 2 bottles)
13. Leg levering with straight leg lay on back
14. In plank position : Open-Close your legs
15. In pushup position: reverse arm/leg lift.

Stretching

