

05.06 Online Spártai

Equipments

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

Warm Up

Exercises

I.

- 2 min hold sit + 10 Burpee

2 rounds. 2nd start at 3 min.

Σ 6 mins

II.

- Weight keep in wide position Do Halo in every 15s– 120s
- 10 goblet squat

2 rounds. 2nd start at 3 min.

Σ 6 mins

III.

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

Σ max 9 mins

IV.

- Side arm lift with straight arm (right)
- Lay back and keep your leg on inches (straight)
- Pushup keep in tigh position.
- 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

