

11.18 Online CrossTraining

Equipments

- 1 or 2 1.5L bottle
- Polifoam (soft!)
- A bigger weight or a six pack of water

Warm Up

Extra Warm Up

15s hold sit/5 squat jumps.

3 rounds. 30s rest between

Σ 4 mins

Exercises

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

I.

- 20 bench press with bigger weight and high hips
- 2*10 straining arm forward lift with a bottle
- 10 bended lift with straight arm (slowly!)

II.

- 20 Flying situp
- 30 abs press
- 40 backward swim (left/right leg is 1!)

III

- 10 kneel squat
- 2*20 1 legged side jump at sofa (left and right jump is one)
- 45s wall sit

IV.

- 20 plank twist
- 10 reverse arm/leg raise
- 2*10 Side lift with bigger weight

Σ 30 mins

Plank:

2*1 min sideplank without rest.

+1 min tipping.

Σ 3 mins

Stretching

