

## 11.19 Online CrossTraining

### Equipments

- a coach ☺
- Polifoam (soft!)

### Warm Up

#### Extra Warm Up

30s tipping/30s hold sit

3 rounds without rest.

Σ 3 mins

### Exercises

**Super 250!**

50 reps from everything. 3 rounds max. 2 minutes rest between. On your own speed!

- Squat Jump
- Push Ups
- Triceps Push
- Flying situp
- Russian Twist

Σ max 30 mins

### Plank:

3\*1 min plank without rest.

Σ 3 mins

### Stretching

