

12.01 Online CrossTraining

Equipments

- Half and 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

Σ 4 mins

Exercises

I.

- 10 pick up and push up a bigger weight
- 10 burpee
- 10 push ups
- 10 leg raise

3 rounds without rest.

Σ max 6 mins

II.

50 reps

- Squat jump
- Push ups
- Triceps push
- Flying situp
- Russian Twist

Σ max 9 mins

III.

30:30 3 rounds without rest

- Wall sit (1')
- Tipping
- Goblet squat

Σ 6 mins



IV.

45:15 2 rounds. 1 min rest between

- Tight pushup keep
- Abs press
- 1 arm pushup keep
- Side lift with bigger weight
- Hips push up in sideplank position

Σ 11 mins

Plank:

2 min plank without rest.

Σ 2 mins

Stretching

