

12.02 Online CrossTraining

Equipments

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

Warm Up

Extra Warm Up

2 min hold sit/10 burpees

2 rounds. We'll start at the 3rd. min

Σ 6 mins

Exercises

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

I.

- 10 Crawl up to sofa and back in pushup position
- 10 Halo
- 10 straight arm lift with bended back and knees.

II.

- 15 hips push up. Heels on sofa
- 4s down 1s up, arm and leg lift with weight
- 40 leg cross

III

- 10 hold sit and kick
- 10 jumping jack
- 2*10 bulgarian squat

IV.

- 10 chest fly in pushup position legs on sofa
- 10 arm lift in triceps push position
- 2*10 Side lift with bigger weight

Σ 30 mins

+:

- 2*1 min plank without rest
- 1min tipping

Σ 3 mins

Stretching

