

## 12.07 Online CrossTraining

### Equipments

- 2\*1.5L bottle of water (or any similar) for ladies maybe 2\*1L and gentleman maybe more tha 1.5L
- Sofa or Chair
- Soft foam
- One bigger weight. for ex.: a six pack of water. For ladies the 2\*1.5L maybe enough.

### Wamp Up

#### Extra Warmp Up

30s hold sit/30s burpee

3 rounds without rest

Σ 3 min

### Exercises

45:15 (Work:Tipping)

1. Bench press with high hips
2. Flying situp
3. Straight arm raise forward
4. Forward lounge (1 leg/round)
5. Russian Twist
6. Triceps Push
7. Skating
8. Abs Press
9. Halo
10. 2-2 steps
11. Leg keep
12. Shoulder keep to side with straight arm.

2 rounds, 2 min rest between.

Σ 26 min

### Plank

1'/1'/1' plank.

Σ 3 mins

### Stretching

