

12.09 Online CrossTraining

Equipments

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

Warm Up

Extra Warm Up

10s tipping/2 squat jumps.

3 rounds. 20s rest between

Σ 4 mins

Exercises

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

I.

- 10 Chest fly with 2 bottles
- 10 Plank → pushup
- 10 Goblet squat

II.

- 20 Flying situp
- 30 Reach to ankle
- 40 backward swimming

III

- 10 kneel squat
- 2*20 1 legged sidejump
- 10 goblet squat

IV.

- 5 times touch your waist in plank
- 10 invers arm/leg raise in pushup position
- 2*10 Side lift with bigger weight

Σ 30 mins

+:

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

Σ 3 mins

Stretching

