

12.14 Online CrossTraining

Equiptments

- Soft foam
- Chair/sofa
- One bigger weight. for ex.: a six pack of water. For ladies the 2*1.5L maybe enough.

Wamp Up

Extra Warm Up

10s tipping/1 burpee

3 rounds. 20s rest between.

Σ 4 mins

Leg

EMOM

1. Goblet Squat
2. Wall Sit
3. Forward lounge /left
4. Hold sit

2 rounds without rest

Σ 8 mins

30:10

- Skating
- Jump and change legs
- Mountain Climbing

3 rounds without rest

Σ 6 mins

Abs/Core

45:15

1. Flying Situp
2. Abs Press
3. Backward swimming
4. Russian Twist
5. Cross your legs
6. Legs down in 4s back in 1 lay on back.

2 rounds. 1 mins rest between.

Σ 13 mins



Planks

- 1 min on each side (chest/left/right)

2 rounds without rest

Σ 6 mins

Stretching

