

12.16 Online CrossTraining

Equipments

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

Warm Up

Extra Warm Up

2min hold sit/10 burpees

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

Σ 6 mins

Exercises

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

I.

- 20 Tight pushups. Legs on sofa
- 5 Halo (both sides)
- 10 Pickup and push ups

II.

- 2*15 Reach to ankle
- 30 Abs press
- 40 Leg Cross

III

- 10 Hold sit and kick
- 2*20 1 legged jump over a pencil
- 2*3 45 degree jump

IV.

- 2*10 chest fly in sideplank position
- 10 arm change in triceps keep position on sofa
- 2*10 Side lift with bigger weight

Σ 30 mins

+:

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

Σ 3 mins

Stretching

