

## 12.21 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

45s wall sit/5s rest/30s squat Jumps

3 roudes. 20s rest between

Σ 4.5 min

### Exercises

50:10 (Work:Tipping)

1. Chest fly with 2 bottles
2. Hips push up while keep a bigger weight and 1 leg up!
3. Flying situp
4. Plank->pushup
5. Alt jump
6. Leg Twist
7. Triceps push on sofa or chair!
8. Keep a bigger weight on chest and raise your knees.
9. Skating
10. Pushup position legs on sofa and change your arm while turn.
11. Abs press
12. 3\*1 min plank without rest and tipping!

2 rounds, 2 min rest between.

Σ 30.5 min

### Stretching

