

## 12.22 Online CrossTraining

### Equipments

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

### Warm Up

#### Extra Warm Up

30s tipping/30s hold sit.

3 rounds without rest

Σ 3 mins

### Exercises

I.

- 10 pick up and push up a bigger weight
- 10 burpee
- 10 push ups
- 10 leg raise

3 rounds without rest.

Σ 6 mins

II.

AMRAP+1 (6')

- Flying situp
- Triceps push
- Russian Twist
- Squat Jump

Σ 6 mins

III.

30:10 Cardio. 3 rounds without rest

- Mountain climbing
- 1 legged side jump. hands on sofa. (1 leg/round. 3. round change after every 5th)
- Alt jump

Σ 6 mins



IV.

45:15 2 rounds. 1 min rest between

- Triceps keep and change your arm
- Reach to ankle
- Jerk with high knee.(1 leg/round)
- Side lift with bigger weight
- Hips push up in side pushup position-

Σ 11 mins

Plank:

2 min plank without rest.

Σ 2 mins

Stretching

