

12.28 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

10s tipping/1 burpee

1 round is 6 sets. 3 rouds. 20s rest between

Σ 4 min

Exercises

45:15 (Work:Tipping)

1. Straight arm forward lift with 2 bottles
2. Flying situp
3. To toes @wall/sofa
4. Bench press with high hips
5. Mountain Climbing
6. Leg Twist
7. Triceps push on sofa or chair!
8. Single leg deadlift
9. Jumping jack
10. Back strech & clap
11. Side lift with bigger weight
12. Wall sit

2 rounds, 2 min rest between.

Σ 26 min

Plank

1'/1'/1'/1' plank

Σ 4 mins

Stretching

