

01.04 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

30s hold sit/5 squat jumps

1 round is 4 sets. 3 rouds. 30s rest between

Σ 4 min

Exercises

45:15 (Work:Tipping)

1. Forearm lift with bigger weight
2. Flying situp
3. Push ups - Legs on sofa
4. Plank – Legs on sofa
5. Mountain Climbing
6. Leg Twist
7. Triceps push on sofa or chair!
8. Single leg deadlift
9. Reach to ankle
10. 1 legged side jump
11. Side lift with bigger weight
12. Wall sit

2 rounds, 2 min rest between.

Σ 26 min

Plank

90" sideplank

Σ 3 mins

Stretching

