

01.06 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 jump school(left)/ 30s tipping/30s jump school(right)/30s alt jump/30s skating

Σ 3 mins

Exercices

AMRAP (5' work + 1' plank) 2 min rest between blocks

I.

- 10 Clean & jerk
- 10 Climb up to sofa and back
- 10 Forearm lift

II.

- 20 Flying situp
- 30 Abs press
- 20 Leg raise

III

- 10 kneel squat
- 40 Mountain Climbing
- 2*10 Forward lounge with weight on your chest.

IV.

- 2*10 Hips push up in side pushup position
- 10 Plank twist
- 15 Deadlift

+2*1' Sideplank

Σ 32 mins

Stretching

