

01.08 Online TRX

Equipments

- A rope
- Polifoam

Warm Up

Excercises

50/40/30:10

1. Biceps
2. Row (tight/wide)
3. W-deltoid
4. Push ups
5. Forward Lounge(3/leg)
6. Mountain Climbing
7. Cross behind & high knee
8. Squat jump (tight/wide)
9. Pike
10. Mountain Climbing
11. Atomic pushup
12. Superman plank

3 rounds. 2 min rest between rounds.

Σ 34 mins

Plank

- 2*90s sideplank without rest

Σ 3 mins

Stretching

