

## 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 tipping/30s hold sit  
3 rouds without rest

∑ 3 min

### Exercises

45:15 (Work:10 squat jump)

1. Chest fly with 2 small weightis
2. Backward swimming
3. Halo
4. Russian Twist
5. Wall Sit
6. 1 legged side jump
7. Side hips push up
8. Cross your legs on back.
9. From squat to high knee
10. Alt jump
11. Lollypopp

2 rounds, 2 min rest between.

∑ 24 min

### Plank

2'/1'/1'/1' plank

∑ 5 mins

### Stretching

