

01.12 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.

Warm Up

Extra Warm Up

- 30s tipping
- 30s jump school(left leg)
- 30s tipping
- 30s jump school(right leg)
- 30s alt jump
- 30s skating

Σ 3 min

Feladatok

I.

- 2' hold sit
- 10 burpee

2 rounds. 2nd round starts in the 4th min.

Σ 6 min

II.

- 10 clean and jerk
- 10 goblet squat
- 10 leg raise

3 rounds. Starts in every 2nd min.

Σ 6 min

III.

AMRAP+1 (6')

- Squat jump
- Flying situp
- Triceps push
- Russian Twist

Σ 6 min



IV.

45:15

- Side lift
- Tight pushup keep
- Leg keep
- Weight keep with high hips in bench press poz.

2 rounds without rest

Σ 8 min

Plank

1'/1'/1' (chest/left/right) plank.

Σ 3 min

Stretching

