

01.13 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 hold sit/30s burpee

3 rounds without rest

Σ 3 mins

Exercises

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

I.

- 10 Plank -> pushup
- 10 Halo
- 10 Straight arm lift with bended knees.

II.

- 30 Abs press
- 2*10 Cross situp
- 2*10 Pendulum

III

- 2*10 Hold sit & kick
- 2*20 1 legged side jump (left/right is one!)
- 2*10 Bulgarian squat

IV.

- 2*10 Side lift
- 2*10 chest fly in sideplank position
- 2*5 1 legged deadlift

+2*1' Sideplank

+1 min tipping

Σ 33 mins

Stretching

