

01.18 Online CrossTraining

Equiptments

- 1 1.5L bottle
- 2 soft rags
- 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

45s wall sit/30s Squat Jump

3 rounds, 20s rest between.

Σ 4.5 min

Exercises

EMOM + 5 Jumping Jacks.

Start at every minute. At beep 5 squat jumps. Without rest.

1. Chest Fly
2. Situp with pulled legs and elbows crossing.
3. Hold Sit
4. Ghetto tricepss push
5. Russian Twist (here You can use the bottle)
6. Jumping with changing legs
7. Halo
8. Lay on your back. Down your legs in 4s up in 1s
9. Touch your shoulders in pushup position (optional + pushups)
10. Goblet squat (with a bigger weight)
11. +3*1min plank

2 rounds, 2 minutes rest between.

Σ 28 min

Stretching

