

01.20 Online CrossTraining

Equipments

- Half and 1.5L bottle
- Polifoam (soft!)
- A bigger weight or a six pack of water

Warm Up

Extra Warm Up

10s tipping/1 burpee

1 rounds is 6 sets. 3 rounds 20s rest between

Σ 4 mins

Exercises

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

I.

- 2*10 Bench press with high hips and 1 leg up
- 10 Forearm lift
- 10 bended knees chest fly

II.

- 20 Flying situp
- 20 Leg raise
- 2*10 Reach to ankle

III

- 45s Wall sit
- 20 Squat jump
- 10 Goblet squat

IV.

- 2*10 Side lift
- 2*10 Side hips pushup in side pushup position
- 10 superman in pushup position legs on sofa

+2*1' Sideplank

+1 min tipping

Σ 33 mins

Stretching

