

01.25 Online CrossTraining

Equipments

- Soft foam
- Chair/sofa
- 1 or 2 1.5L bottle

Wamp Up

Extra Warmp Up

30s tipping/30s hold sit

3 rounds without rest

Σ 3 mins

Power Test

(Don't panic :D)

Do 20 from every exercises. or 20s from the plank. Do as many rounds as you can. And we'll discuss at the end ;)

1. Squat Jump
2. Push ups
3. Flying Situp
4. Triceps push
5. Russian Twist
6. Mountain Climbing (20/leg. keep yourself on sofa!)
7. Plank legs on sofa!
8. Small squats in hold sit (slowly)
9. Plank → Pushup
10. Backward Swimming (20/leg)
11. Forward lounge (10/side)
12. Side lift with bigger weight (10/side)
13. Leg levering with straight leg lay on back
14. In Side Pushup Position: hips push up(10/side)
15. Clap forward and back. Lay on belly.

Σ max 30 mins

Plank

2*1 min sideplank

Σ 2 mins

Stretching

