

03.01 Online CrossTraining

Equipments

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

2 rounds without rest.

Σ 3 mins

Exercises

EMOM + 5 Jumping Jacks.

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

1. Plank → Pushup
2. Reach to ankle
3. Forward lounge (1 leg/round)
4. From pushup to Superman. Legs on sofa
5. Russian Twist (here You can use the bottle)
6. Mountain Climbing
7. Chest/Triceps push over neck
8. Lay on your back. Down your legs in 4s up in 1s
9. Touch your shoulders in pushup position (optional + pushups)
10. Wall sit
11. Plank legs on sofa

2 rounds, 2 minutes rest between.

Σ 24 min

Plank

2*90s sideplank

Stretching

