

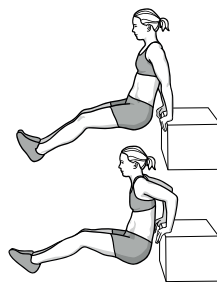
# FULL BODY WORKOUT ADVANCED

Total Time Round 7 min  
 Rest Between Rounds 2-4 min  
 Rounds 1-3  
 Equipment Box, chair or similar

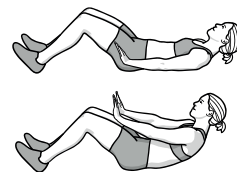
	Exercise	Work [sec]	Rest [sec]	Int.
1	Squat Jump	30	10	2
2	Box Dip	30	10	1
3	Arm Reaching Crunch	30	10	1
4	Lateral Lunge	30 a side	10	1
5	Run In Place	30	10	1
6	High Plank Opposite Extension	30 a side	10	2
7	Bug	30	10	2
8	High Side Plank	30 a side	10	2



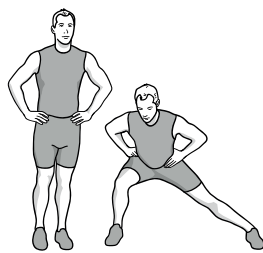
**1** Squat Jump



**2** Box Dip



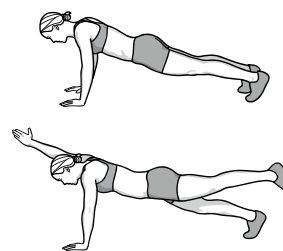
**3** Arm Reaching Crunch



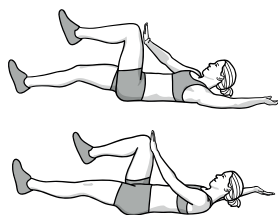
**4** Lateral Lunge



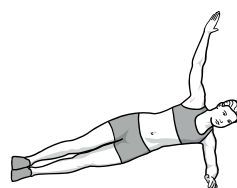
**5** Run In Place



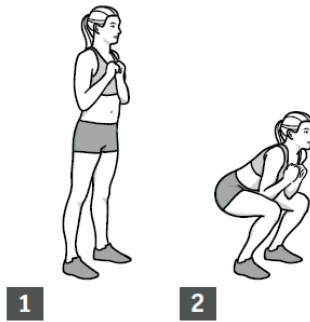
**6** High Plank Opposite Extension



**7** Bug

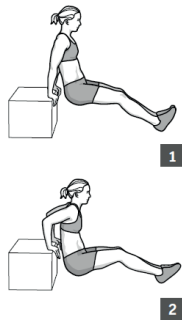


**8** High Side Plank



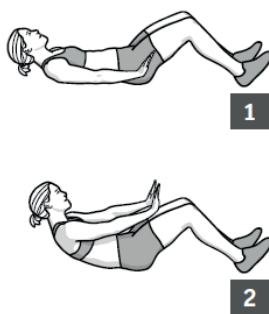
## Squat Jump

1. Adopt an upright, hip-wide stance Hold your arms loosely in front of your chest. Tips of your feet point forward.
2. Come with a jump into a wide and as deep as possible knee bend. Push the buttocks far back. The back remains stretched. Then jump back into the standing position immediately.



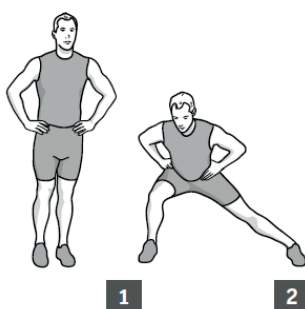
## Box Dip

1. Put the heels up and place the palms of the hands on a chair or other stable object Straighten the upper body. The buttocks are close to the elevation, the arms are stretched out.
2. Bend the elbows and lower the buttocks until just before touching the ground. Then push up again.



## Arm Reaching Crunch

1. Adopt a supine position. Place your heels on the ground so that your knees are approximately at right angles. Keep your arms raised at the sides of your body just above the ground. The palms of your hands are facing forward. Raise your head slightly. Pull your chin towards your sternum. Tense the abdominal muscles.
2. Push an imaginary wall forward with your hands. Roll up vertebra by vertebra. Then slowly unroll it again without laying it down.



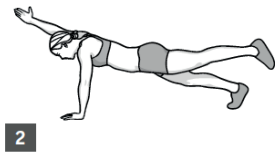
## Lateral Lunge

1. Adopt an upright, hip-wide stance Put your hands on your hips.
2. Take a large step to the side and bend the knee. Push the buttocks backwards and down. The centre of gravity is on the side of the bent leg. The back is stretched. Then close the step immediately and return to the starting position.



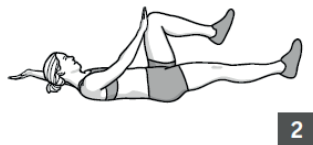
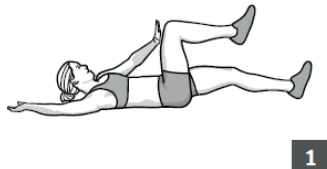
## Run In Place

- Run on the spot with increasing speed. Maintain an upright posture. Take the arms in opposite directions.



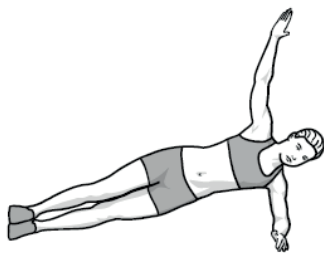
## High Plank Opposite Extension

1. Assume a support position with hands and feet open to shoulder width. The pelvis is in a line between the upper body and thighs.
2. Lift one arm and one leg from the floor, stretched across the diagonal. Hold this position and then change sides.



## Bug

1. Adopt a supine position. Extend one leg, take the other bent upwards. On the side of the stretched leg, stretch the arm forward. On the opposite side stretch the arm backwards over the head. Arms and legs are lifted off the floor. Raise the head and pull the chin towards the sternum.
2. Change the arm and leg position simultaneously in one flowing movement.



## High Side Plank

- Take a stretched side plank with legs lying on top of each other and support on a forearm. The elbow is located directly below the shoulder joint. Extend the free arm vertically upwards. Keep the torso under tension so that the pelvis is in line between the thighs and upper body. Hold the position.