

Total Time Round 7 min
 Rest Between Rounds 1-3 min
 Rounds 1-3
 Equipment none

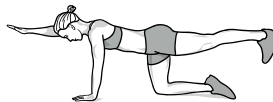
	Exercise	Work [sec]	Rest [sec]	Int.
1	Quadruped Opposite Extension	30	15	1
2	Short Lever Side Plank	30 a side	15	1
3	Basic Bridge	30 a side	15	1
4	Alternating Superman	30	15	1
5	Short Lever Plank With Arm Raise	30	15	1
6	Standing Arm Scissors	30	15	1
7	Front Plank	30	15	2
8	Short Lever Push Up	30	15	1



1 Quadruped Opposite Extension



3 Basic Bridge



2 Short Lever Side Plank



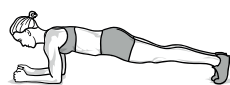
4 Alternating Superman



5 Short Lever Front Plank With Arm Raise



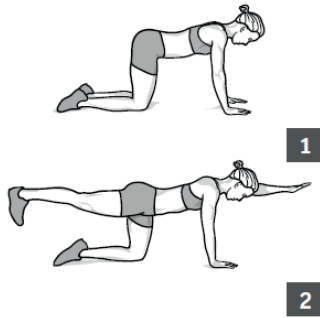
6 Standing Arm Scissors



7 Front Plank

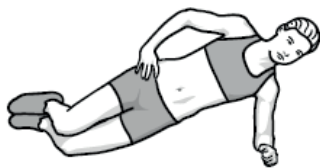


8 Short Lever Push Up



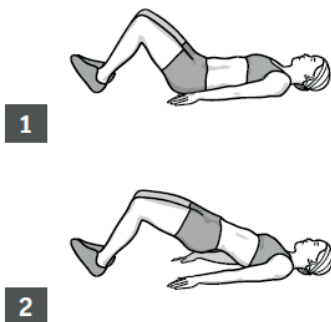
Quadruped Opposite Extension

1. Take a quadruped position. The hands are under the shoulders, the knees under the hips.
2. Extend the right arm and left leg. The pelvis remains parallel to the floor. Hold this position.



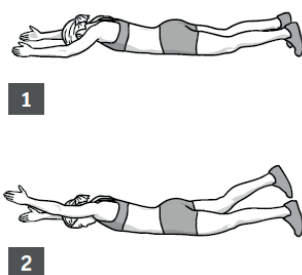
Short Lever Side Plank

Take up a side plank with the knees down. The knees are approximately at right angles. The supporting forearm points straight forward. The elbow is just below the shoulder. Place the free hand on the hip. Push the pelvis up and hold the position.



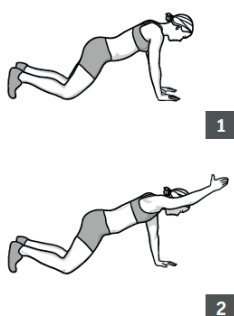
Basic Bridge

1. Adopt a supine position with the heels up
2. Push the pelvis up as far as possible by the force of the buttock muscles. Then lower it again until just before touching the ground.



Alternating Superman

Take a prone position. Extend your arms forward, palms facing each other, and lift your feet slightly off the floor. Move your arms and legs up and down about ten centimetres, alternating every second.



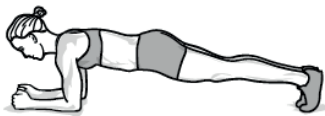
Short Lever Front Plank With Arm Raise

1. Adopt a kneeling plank position with the hands under the shoulders. The knees are slightly behind the hips. Put the toes up.
2. Alternately raise the right and left arm so that it is in the extension of the upper body. The thumb points upwards. Hold this position for 5 seconds at a time.



Standing Arm Scissors

Assume a knee bend position. The tips of your feet point forward. The knees remain aligned above the metatarsus. The back is stretched. Alternately lift the right and left arm upwards into the extension of the upper body. The thumbs point upwards.



Front Plank

The elbows are below the shoulders. The pelvis forms a line with the upper body and thighs. The spine maintains its normal physiological curvature by tensing the trunk muscles. Hold the position.



1



2

Short Lever Push Up

1. Adopt a kneeling support position with the hands under the shoulders. Feet are crossed. Knee, hip and shoulder joints are in line.
2. Bend the elbows and lower the upper body. The elbows remain close to the body. Then push them up again.