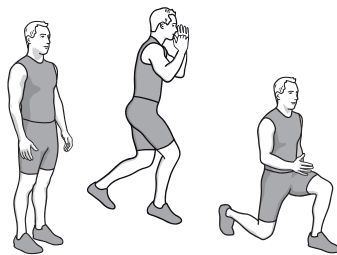
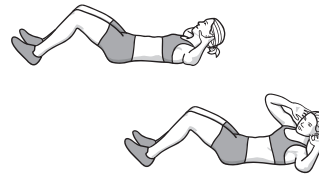


Total Time Round 4 min
 Rest Between Rounds 1-3 min
 Rounds 1-3
 Equipment Box, Chair or similar

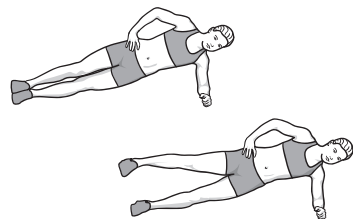
| | Exercise | Work [sec] | Rest [sec] | Int. |
|---|-------------------------------|----------------------|----------------------|-------------|
| 1 | Half Jumping Lunge | 20 | 10 | 2 |
| 2 | Crunch Short Lever | 20 | 10 | 3 |
| 3 | Side Plank With Hip Abduction | 20 | 10 | 3 |
| 4 | Incline Push Up | 20 | 10 | 2 |
| 5 | Straight Leg Lateral Lowering | 20 | 10 | 3 |
| 6 | Alternating Superman | 20 | 10 | 2 |
| 7 | One Leg Hip Lift | 20 | 10 | 2 |
| 8 | 90-90 | 20 | 10 | 2 |



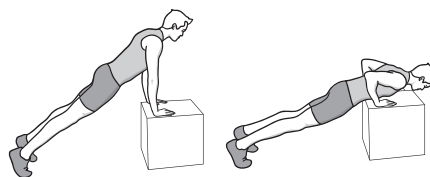
1 Half Jumping Lunge



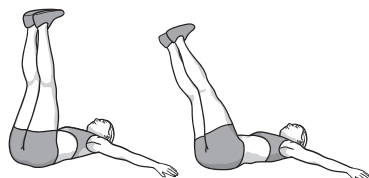
2 Crunch Short Lever



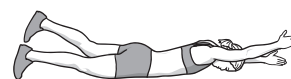
3 Side Plank With Hip Abduction



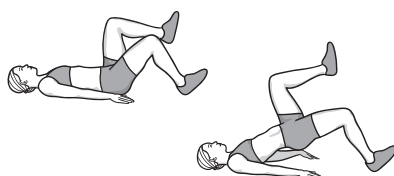
4 Incline Push up



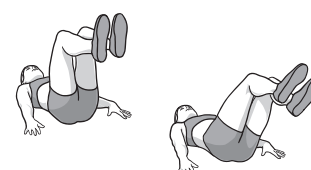
5 Straight Leg Lateral Lowering



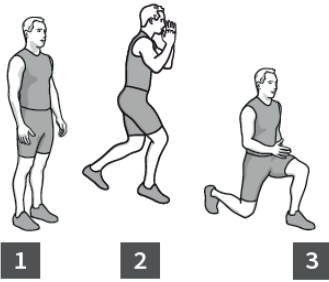
6 Alternating Superman



7 On Leg Hip Lift

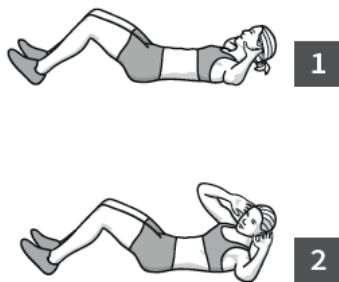


8 90-90



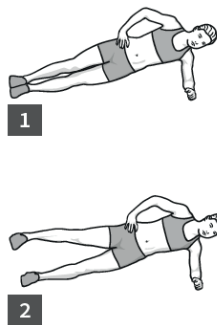
Half Jumping Lunge

1. Take a hip width stance with slightly bent knees
2. Take a small jump upwards and lead with one leg forward.
3. Make sure to land softly. The knee of the back leg is lowered deeply. Now actively pull the "trigger" again and jump into the starting position. Repeat with the other side and continue alternately.



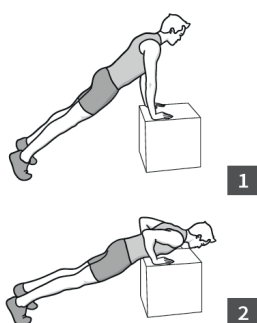
Crunch Short Lever

1. Lay in a supine position and stand with your feet drawn up. Keep your arms bent behind your head and gently support the back of your head with your palms.
2. Lift your upper body with force from the abdominal muscles in a controlled manner, rotating slightly to one side with torso. Lower the upper body again in a controlled manner and return to the starting position. Repeat the exercise and rotate the torso to the other side; continue to crunch alternately.



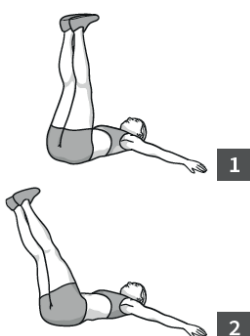
Side Plank With Hip Abduction

1. Lie on the floor with your legs stretched out in a lateral position. Support the forearm so that the elbow is positioned below the shoulder. Support the upper arm for more balance in the hip. Now raise the hips until the upper body and the legs form a straight line.
2. Raise and lower the upper leg in a controlled manner every second. Beginners change sides after half the time. Advanced students perform this exercise on both sides for the full interval time.



Incline Push Up

1. Stand with slightly open legs in front of an elevation, for example a box or a stable stool. Place your hands below your shoulders on the elevation and assume a push-up position with your knees stretched. The body forms a line.
2. Tense the torso by activating the abdominal, back and buttock muscles, then bend the arms, keeping the elbows outwards. Lower the chest in this way and actively push it back up to the starting position.



Straight Leg Lateral Lowering

1. Lay in an supine position. Raise the stretched legs closed towards the ceiling. The arms are stretched out to the side at shoulder level next to the body, the hands with the palms down slightly into the floor.
2. Alternately lower your legs, which should be together at all times, up to 45 degrees to the right and left side. Actively push the lower back towards the floor and maintain torso tension.

Alternating Superman



Lay in 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.



1

One Leg Hip Lift

1. Lay in a supine position and slightly raise one foot. Raise the other leg at the knee and hip at an angle of about 90 degrees. The arms lie next to the body. Press your palms slightly into the floor.



2

2. Consciously activate the buttock muscles and push your hips towards the ceiling. While doing so, tense the abdominal muscles to remain stable in the trunk. Hold this position for a second and then lower your hips again.



1

90-90

1. Take a supine position. Raise your legs and bend your knees and hips at a 90-degree angle. Place your hands with the palms facing down next to your body and press lightly into the floor.



2

2. Lower your legs towards one side on the floor and in a controlled manner, keeping the knees and ankles in line and maintaining the knee and hip angle. Shortly before touching the ground, change direction and rotate to the other side.