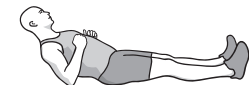


Total Time Round 4 min
 Rest Between Rounds 1-3 min
 Rounds 1-3
 Equipment Towell

	Exercise	Work [sec]	Rest [sec]	Int.
1	Supine Push Up	30	20	2
2	Side Plank With Hip Abduction	30	20	2
3	Alternating Lizard	30	20	2
4	Prone Hip Flex	30	20	2
5	Mountain Climber	30	20	1
6	Jumping Lunge	30	20	2
7	Alternating Superman	30	20	2
8	Worlds Greatest	30	20	2



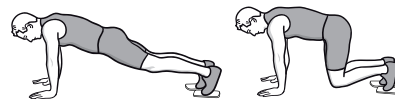
1 Supine Push Up



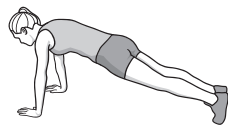
2 Side Plank With Hip Abduction



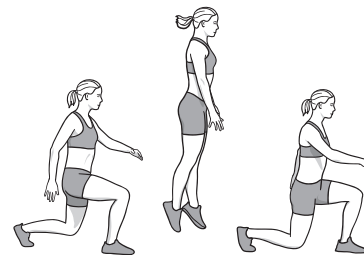
3 Alternating Lizard



4 Prone Hip Flex



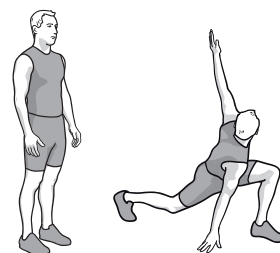
5 Mountain Climber



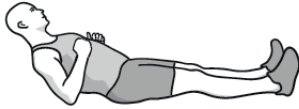
6 Jumping Lunge



7 Alternating Superman



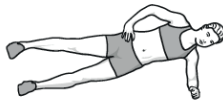
8 Worlds Greatest


1

2

Supine Push Up

1. Lie backwards on the floor with your legs stretched and your toes pulled up and pointing towards the ceiling. The upper arms rest against the body and the elbow joints are flexed at right angles.

2. Press the elbows actively into the floor so that the upper body is lifted off the floor. The shoulder blades are actively brought together to support this. Then let go into the supine position in a controlled manner.


1

2

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.

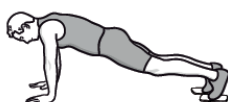

1

2

Alternating Lizard

1. Take a prone position. Raise your arms from the floor and bend them so that the palms of your hands facing the floor are at head level. Lift your feet off the floor with your legs stretched out.

2. Now lift the upper body slightly off the floor and bend it in a controlled manner alternately to the left and right in the torso. Reach forward with the arm of the unflexed side of the body.

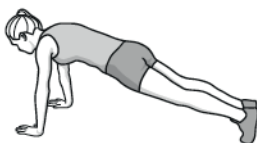

1

2

Prone Hip Flex

1. Assume a push-up position and place a towel or kitchen towels under your feet. Position your hands under your shoulders. The body forms a line from head to feet. Build up trunk tension by activating the abdominal, back and buttock muscles.

2. Pull the knees just above the floor towards the upper body until the hip and knee angles are about 90 degrees each. Keep the upper body stable. Without a break, push your feet back to the starting position and continue alternately.

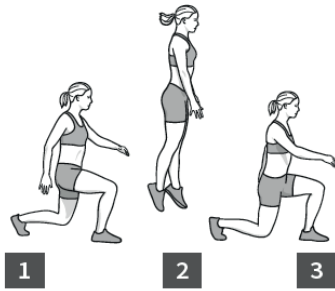

1

2

Mountain Climber

1. Assume a push-up position with closed feet. Position the stretched arms with the hands under the shoulders. The body forms a line from head to feet.

2. Pull the knees up to the upper body in rapid succession, keeping the upper body as stable as possible.



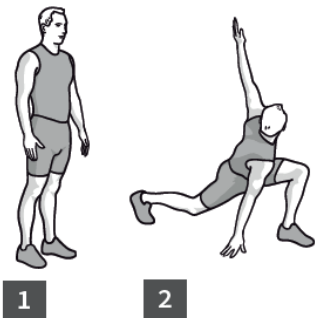
Jumping Lunge

1. Take a low lunge position. The rear knee is just above the ground and the front knee is bent at right angles.
2. Jump up with active impression and change foot position in the air. At the same time swing your arms in opposite directions.
3. Land directly back in the low lunge position, but now the other leg is in front. The back knee is just above the ground. Start the next jump without a break.

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.



Worlds Greatest

1. Assume an upright position with legs open to the hip and knees slightly bent. The arms hang loosely beside the body.
2. Take a wide lunge forward with the left leg. Keep your left arm stretched out towards the ceiling. The right hand supports on the inside of the front foot. Then return to the starting position with force from the front leg and perform the lunge with the right leg and turn to the right. Continue with the exercise alternately.