




Home Workouts




Strength		Full Body		Stretching & Mobility	
Beginner	3 Runden	Beginner	4 Runden FB1 3 min Pause/FB2 2 min Pause	Quick Warmup	3 Runden jede Übung 20 Sek
Intermediate	5 Runden	Intermediate	6 Runden FB1 3 min Pause/FB2 2 min Pause	Cooldown	jede Übung 20 Sek pro Seite halten
Expert	7 Runden	Expert	8 Runden FB1 2 min Pause/FB2 1 min Pause		

Overall	FB1	Quick Warmup
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Push up x 10
Pause 30 Sekunden




Airsquat x25
Pause 30 Sekunden




Sit Up x25
Pause 30 Sekunden




Shoulder Press x 10
Pause 30 Sekunden





Lunges x10 Li/x10 Re
Pause 30 Sekunden




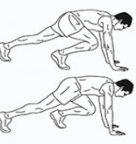
Crunch Kicks x 25
Pause 3 Minuten





1  **Jumping Jacks**
40 Sekunden

2  **Lunges**
20 Sekunden




3  **Jumping Jacks**
40 Sekunden




4  **Climbers**
20 Sekunden

5  **Jumping Jacks**
40 Sekunden


6  **Plank**
20 Sekunden


Quick Warmup

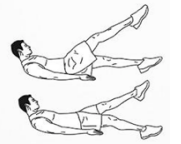
 **half jacks**
 **chest expansions**
 **half jacks**


 **arm rotations**
 **half jacks**
 **torso rotations**


FB2		
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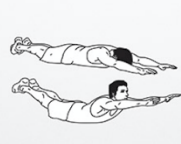
1  **Skipping**
30 Sekunden

2  **Squat Jumps**
15 Sekunden

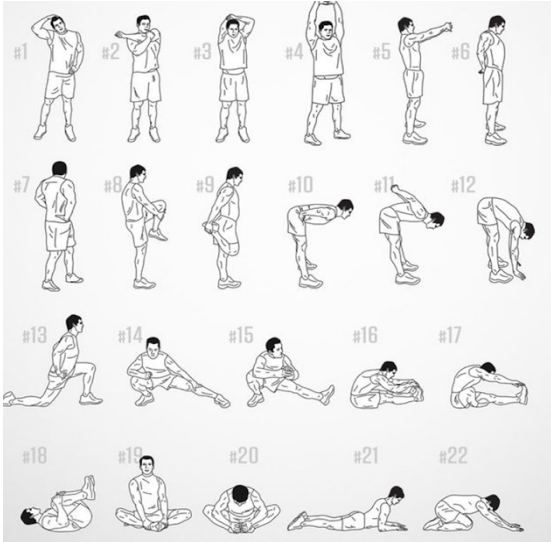
3  **Flutter Kicks**
15 Sekunden

4  **Skipping**
30 Sekunden

5  **Lunge Jumps**
15 Sekunden

6  **Superman**
15 Sekunden

Cooldown



#1 #2 #3 #4 #5 #6
#7 #8 #9 #10 #11 #12
#13 #14 #15 #16 #17
#18 #19 #20 #21 #22