

TRAINING

4, 3, 2, 100

1.

10 reps { BURPEES
PUSH UPS
LUNGES BACK
"TRANSITION" PLANK → PLANK ON FOREARM } 4x

2.

10 reps { LUNGE SIDE
PUSH UPS - HANDS ON THE CHAIR/BED
HIGH KNEES P/L/STOP } 3x

3.

10 reps { SUMO SQUATS JUMP - 180° degrees turn
SIDE PLANK ON FOREARM WITH ROTATION P/L } 2x

100 reps

e.g. - abs muscles (different parts)
- 25 reps lower abs → reverse crunches
25 reps obliques → side crunches
25 reps upper part → crunches
25 reps eris cross