

Bodyweight Training 1.0



5 min Warming-up		
60	sec	High Knees
60	sec	Jumping Jacks
60	sec	Push-up Walkouts
60	sec	Jumpsquats
60	sec	Burpees

TRAIN AND HAVE FUN

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10 min Core		
60	sec	Crossed Knees/Mountain Climbers
60	sec	Flutterkicks/Scissors
60	sec	Double Crunches
60	sec	Leg Raises
60	sec	Knee Raises
60	sec	Butterflyes
60	sec	Russian Twists
60	Sec	Basic Plank

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Bodyweight Training 2 rounds			
Back to back excercises			
20	Squats	10	Burpees
10	Push-ups		
60	Seconden plank	40	Mountain Climbers
10	Rear Lunger L+R		
20	Push-up toe touch	20	Split squatjumps
45	Side Plank L+R		
60	Sumo squats	30	Crosses knees
10	Side Lunges L+R		
20	Sumo Squats	15	Jump Squats

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