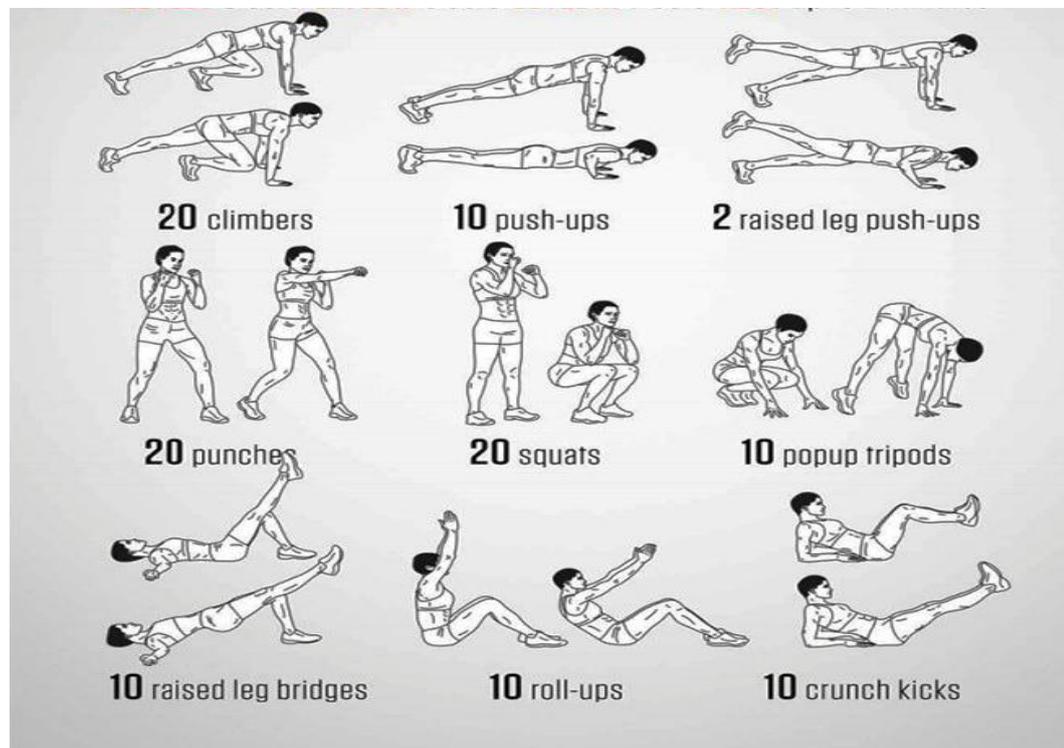


Ersatzübungen Bodywork Powergymnastik



3 round for each exercise 45 sec rest.

Make sure to warm up with 1 min jumping jacks and to loosing up all your joints before to start.

Climbers: engage your abdominal (Bauch), Dorsal and keep your behind tight an stable, now bring your knees to your chest back and forward. **20 times** the first round, **15** the second and **10 times** the last.

Push-up: Start from a plank position and go down. Engage your abdominal (Bauch), Dorsal and keep your behind tight an stable. Now, make sure that your elbows is in a straight line with your middle finger, while you are holding every thing together relax your shoulders and PUSH the "Ground away from your stomach" (bauch). **10-10-8**

You can do it also with your knees on the floor as an easier version.

Punches: Spread your legs, keep your elbows close to your body, and hands ALWAYS to your face. Now move your foot (like if you put a cigarette off) and transfer the energy created to the hips, then shoulder and finally punch. Boxing is a full body movement, so make sure to be well grounded and synchronize.

You can do it with a kg weight or 2 small water bottle. **20-20-20**

Squats: During the squat, your knees are not exceeding your feet... at every squat your legs are creating a 90° angle exactly like when you are sitting on a chair.

You can help your self with a chair. **20-20-15**

Popup tri: your legs are exploding in and out while you keep your body weight and balance on your hands **10-8-10**

Raised leg bridges: come up and down with your hips, and every time you come up, squeeze your gluteus together. Start with both leg down- one leg up- the other leg. **10--8-5**

Rooll up (sit up): make sure that your eyes are always watching up during all the exercise.

Easier version, without coming all the way up, but just focus on squeezing the abdominal.

10-10-8

Crunch kicks: extend your legs like if you want to touch the wall with the bottom of your feet.

Easier version by moving the legs alternatively in and out. **10-10-8** or **10** per leg.