



# aeroSling Workout 1

**Training equipment**




Training mat  
aeroSling (aS)


**Duration**



The workout is scheduled for 60 min.  
Do as few breaks as possible to increase fat burning.


**Warm-up**



See also this  [video](#)


1. Fast walking or slow running
2. Mobilization exercises for feet, knee, and hip joints
3. Light strengthening exercises for the legs
4. Mobilization exercises for core and shoulder girdle
5. Light strengthening exercises for core and shoulder girdle
6. Foam rolling if necessary

**Exercises**




1. Power Press
2. Core rotation
3. aS Squats / aS Pistols
4. aS Powerpull
5. Plank
6. aS Lunges / aS Sprint Start


**Time line / Protocol**



| Time    | Workout   | Notes  |
|---------|---|--|
| 15 min. | Warm-up, movement preparation                       | Warm up cardiovascular system, mobilization exercises, light strengthening and movement practice, foam rolling |
| 10 min. | Exercises 1-3, 4 x 20 sec. sets each, 10 sec. pause | After completing one exercise 4 x 20 sec., change to next exercise. Keep breaks short!                         |
| 5 min.  | Pause   |  |
| 10 min. | Exercises 4-6, 4 x 20 sec. sets each, 10 sec. pause | Same as above. Keep breaks short!  |
| 10 min. | Cool-down   | Calming down the pulse, stretching, mobilization   |

**Cool-down**



Static stretching and loosening up. See  [video](#)