






Bodyweight-Training plan B

Training equipment	 <p>Pull-up bar Training mat aeroSling alhaband</p>	Duration	 <p>The workout is scheduled for 45 minutes. Take only a few breaks to promote fat burning.</p>
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Warm-Up	See also this  video
	<ol style="list-style-type: none"> 1. Fast walking or moderate running 2. Mobilization exercises for foot, knee, and hip joints 3. Moderate strengthening exercises for the legs 4. Mobilization exercises for core and shoulder girdle 5. Moderate strengthening exercises for core and shoulder girdle 6. Foam rolling if necessary

Exercises	<ol style="list-style-type: none"> 1. Squat-Jumps 2. Dead-Bug 3. Pull Ups 4. Push Ups
	

Duration / Protocol		Time	Workout	Notes
	15 min.	Warm-up, movement preparation	Warm up cardiovascular system, Mobilization exercises, moderate strengthening and practicing movements, foam rolling	
	20 min.	Exercises 1-4, 10 reps each, for 20 min., as many rounds as possible	After completing 10 reps of one exercise change to the next exercise. Start from the beginning after the 4th exercise. Keep breaks short!	
10 min.	Cool-Down	Bringing down the pulse, stretching, mobilization		

Cool-Down	Static stretching and loosening up. See  video
