


## Mittwochstraining @Home



Intervall 45sek. Übung / 15sek. Pause; 1 Durchgang = 12min.

2 Durchgänge machen

*kursiv = Erweiterte Variante für die Übung*

Übungen:

|    |  |   |
|----|--|---|
| 1. | Hampelmann   |   |
| 2. | Kniebeugen<br>beidbeinig   |   |
| 3. | Sprinten im Stand,<br><i>wer will kann es auf<br/>einer Matratze<br/>machen, wie auf der<br/>Matte im<br/>Hallentraining</i> |   |
| 4. | Einbeinstand,<br>Thera-Band um<br>Fussgelenke, mit<br>Bein in der Luft<br>seitwärts nach<br>aussen ziehen                    |  |

|     |   |  |
|-----|---|--|
| 5.  | Gleich wie Übung 4,<br>Seite wechseln         |  |
| 6.  | Frontstütze mit<br>gestreckten Armen          |  |
| 7.  | Seitenstütze links, 1<br><i>Bein anheben</i>  |  |
| 8.  | Seitenstütze rechts,<br><i>1 Bein anheben</i> |  |
| 9.  | Planks rücklings                              |  A person is lying on their back on a grey mat on a light-colored tiled floor. They are in a plank position, with their arms extended to the sides and their feet flat on the floor. The mat has the brand name 'actilife' visible at the bottom. In the background, there is a wooden TV stand with a television and some speakers. |
| 10. | Rückwärts-<br>liegestützen                    |  A person is sitting on a tiled floor, leaning back against a dark grey sofa. They are in a back support position, with their feet flat on the floor and their hands resting on the sofa behind them. In the background, there is a dining table with chairs and a coffee table.  |

11. Superman



12. Burpees

