

Bodyweight-Training plan A

Training equipment	Duration
Training mat	The workout is scheduled for 60 minutes. Keep breaks as short as possible to promote fat burning.

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

Exercises	<ol style="list-style-type: none"> 1. Scissor jumps 2. Swimmer in abdominal position 3. Push-Ups 4. Pistols 5. Sideplank with rotation 6. Mountain Climbers

Time / Protocol	Time	Workout	Notes
	15 min.	Warm-up, movement preparation	Warm up cardiovascular system, Mobilization exercises, moderate strengthening and practicing movements, foam rolling
	10 min.	Exercises 1-3, 4 x 20 sec. work each, 10 sec. break	After completing one exercise 4 x 20 sec. change ton ext exercise. Keep breaks short!
	5 min.	Pause	
	10 min.	Exercises 4-6, 4 x 20 sec. work each, 10 sec. break	Like above. Keep breaks short!
	10 min.	Cool-Down	Bringing down pulse, stretching, mobilization

Cool-Down	Static stretching and loosening up. See video