

New Year's Workout B

Training equipment



aeroSling
blackPack
Bodyweight
Training mat

Duration



The workout is designed for 60 min. Take as few breaks as possible to optimize calorie burn.

Warm-Up



See the  [video](#)

1. Fast walking or slow running
2. Mobilization exercises for feet, knee, and hip joints
3. Light strengthening exercises for legs
4. Mobilization exercises for core and shoulders
5. Light strengthening exercises for core and shoulders
6. Foam Rolling

Exercises



1. Vertical rowing with aeroSling
2. Jackknife with feet in aeroSling
3. Squat Clean with blackPack
4. Chest Press with aeroSling
5. Lunges with blackPack

Duration / protocol



Zeit	Workout	Remarks
15 min.	Warm-up, movement preparation	Warming-up cardiovascular system, mobilization exercises, light strengthening exercises and movements, foam rolling
20 min.	Exercises 1-5, each 10 repetitions, for 20 min., as many rounds as possible	After doing 10 reps of one exercise go tot he next exercise. Start from beginning after 5th exercise. Keep breaks short!
10 min.	Cool-Down	Calming pulse, stretching, mobilization

Cool-Down



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