



**Training equipment**




Training mat  
blackPack (bP)


**Duration**



The workout is scheduled for 45 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. bP Clean
2. bP Front Squat
3. Push-Ups
4. Plank with Outward Pull


**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
15 min.	Exercises 1-4, 5 reps each, continue for 15 min., as many rounds as possible	After doing 5 reps of one exercise change to next exercise. After completing exercise 4 start from beginning. Keep breaks short!
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

**Cool-down**



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