

Training equipment



Training mat
revll PRO

Duration



The workout is scheduled for 35 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. revll Triceps Pull Down
2. revll Rope Climber
3. revll Plank with Outward Pull
4. revll Biceps Curl

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
10 min.	Exercises 1-4, 5 rope revolutions each, for 10 min., as many rounds as possible	After completing 5 rope revolutions in one exercise change to the next one. Start from beginning after completing exercise 4. Keep breaks short! Set your own resistance.
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

Cool-down



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