

Dynamic Full-Body-Circle Training / Isarhechte - in 31.5 Minutes

General:

10 exercises executed 3 times in 3 sets:

1st set: 30 seconds exercise - 30 seconds recovery / 2nd set: 35''-25'' / 3rd set: 40''-20''. A break of 1 minute in between each set

Equipment: # 2 water-bottles (filled up) or physio tape, # chair, # some weight (3-5 kg - you can use anything, from bottles, canisters, books, bags... be creative ☺)

When working out pay special attention to your body posture:

General Body position (GP): always have your body under control, don't let your hip swing, arms sway, back collapse unless you intend to do so: be tight but not tense, be firm but stay flexible

Standing position (SP): Standing up, stay centered and balanced, with your feet nicely grounded, knees slightly bent, back straight and tight core

Exercise	Equipment Muscles used / effect	Description
Run / Jump	None Cardio	# Position: SP; # Exercise: Various # Focus: stay centered / dont sway hips, body, arms uncontrolledly
Quick Hand-exchange	None Shoulder apparatus/joint	# Position: SP / Bend forwards keeping your back straight and letting your arms hang straight in front of you with your fingers pointing towards the ground; # Execution: with quick and dynamic movements, bring your right hand above your left hand, then reverse the hands' positions. The movements should come from your shoulder: keep your elbows straight; # Focus: do not bend the elbows / back straight / don't tense your shoulders.
Plank	None Core	# Position: GP / Push up position, but support yourself with your elbows; # Execution: raise your hip from the ground until you form a straight line from head – back – butt - to heels. Balance yourself on toes and elbows with a tight core; # Variation: Mountain climber: bring your right/left knee (alternating) upwards towards the respective shoulder height; # Focus: relax everything apart from the core; make sure you don't let your hip sink.
Deep lunge	None Butt / legs / Core / Balance	# Position: SP; # Execution: take a large step forwards and bend your knee until you reach a rectangle (thigh-calve). The rear leg is nearly stretched. Lower your hips down towards the ground. Then push backwards to BP and repeat for the other side; # Variation: instead of taking a step forwards, take a step backwards (you should end up in the same position); # Focus: protect your knee: keep your back straight at all times and make sure that the front knee never sticks out further than the tip of your toes. Your front heel should be firmly attached to the ground, your core should be tight and balanced.
Chicken wings	2 Bottles / Physio Tape Delta / Back	# Position: SP/ bend slightly forwards keeping your back straight. Stand in the middle of the physio tape, cross it over once, wrap it around your hands so it's under tension, bring your elbows to a 120° angle, spread your upper arms/elbows to your sides / back of ur hands facing sideways # Execution: lift your elbows up sideways until they reach shoulder height in slow and controlled up and down motion; imagine a string is attached to your elbows and pulling them up; # Variation: hold 2 water bottles in your hands instead of physio tape; # Focus: keep your wrists, elbows and hips steady, keep your back straight; make sure your hands are always underneath elbow level; use your back muscles not your arms or shoulders
Crunches vertical	Chair Abdomen	# Position: GP: lie down on your back with your knees raised up to 90°; rest your lower legs/calves/feet on a chair; stretch your arms out vertically with your fingers pointing towards an imaginary spot on the ceiling; # Execution: raise your whole torso vertically up from the ground as if a string is pulling your hands up towards the imaginary spot; keep your eyes fixed on the spot too # Focus: Head in line with spine, back straight,
Freestyle	None	# Position: GP, lie down on your stomach, with your arms and legs stretched out to front/back

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Swim	Back / Core	<p>and your head relaxed on the floor;</p> <p># Execution: lift up arms, legs, shoulder, torso while making sure that your joints don't bend too much. Move your arms and legs up and down diagonally, i.e. right arm and left leg, then left arm and right leg;</p> <p># Focus: Keep your head in line with your spine: look downwards, relaxing your face muscles and feet. Make sure that legs and arms do not touch the ground.</p>
Push up backwards	Chair Triceps	<p># Position: GP, sit on the edge of a chair, holding the edge with your hands on each side of you; soles of ur feet square on the ground</p> <p># Execution: move forwards to release your hips from the chair, then move your body up and down by only bending your elbows;</p> <p># Variation: spread ur legs out: makes it more difficult</p> <p># Focus: keep your shoulders active (don't pull them up), maintain stable hips, be tight; only the triceps should be working.</p>
Russian Twist	2-5 kg weight Abdomen / hips / Shoulder	<p># Position: GP, sit on the floor with your knees bent, the soles of your feet square on the ground, your torso straight and bent slightly backwards. Hold the weight firmly in front of you in both hands, with your arms together;</p> <p># Execution: twist your upper body to the right and to the left (alternating), bringing the weight down to touch the ground gently at each repetition;</p> <p># Variation: raise your feet off the ground;</p> <p># Focus: Keep your back straight, twist your whole upper body, not just the arms , open up to each side.</p>
Push ups classic	None Arms / Shoulder / Core	<p># Variation: push ups with knees on the ground to make it easier. The more you bring your knees forwards towards your chest, the easier it gets;</p> <p># Focus: GP!, stable hips.</p>