



alhaband Workout 1

Training equipment




alhabands (ab)


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. ab Punch right
2. ab Punch left
3. ab Sumo Deadlift
4. Row right
5. Row left


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 1-5, 30 sec. each, 15 sec. pause	After completing exercise 5 start from beginning. Keep breaks short! Choose a resistance of your liking. Complete 2-3 rounds.
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

Cool-down



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