



# blackPack Workout 1

**Training equipment**




Training mat  
blackPack (bP)


**Duration**



The workout is scheduled for 40 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 Bend Over Rowing
2. bP Shouldering
3. bP Shoulder to Shoulder Press
4. bP Rotational Lunges


**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
5 min.	Exercises 1-4, 40 sec. each, 20 sec. pause	After doing one exercise for 40 sec. change to next exercise. Keep breaks short!
2-3 min.	Pause	
5 min.	Exercises 1-4, 40 sec. each, 20 sec. pause	See above. Keep breaks short!
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

**Cool-down**



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