



aeroSling Workout 2

Training equipment




Training mat
aeroSling (aS)


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. aS Sprint Start
2. aS Row
3. aS Push-up + crunch
4. Shoulder lift diagonal


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, 10 reps each, repeat for 15 min., as many rounds as possible	After completing 10 reps of one exercise change to next exercise. Start from beginning after completing exercise 4. Keep breaks short!
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

Cool-down



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