

# alhaband Workout 3

## Training equipment



Training mat  
alhabands (ab)  
Pull-up bar

## 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 Lat Pull Down / Pull-Ups
2. Dip right
3. Dip left
4. Skippings / Hip Press


## 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, 60 sec. each, 30 sec. pause	Complete 2 rounds. Between round 1 and 2, take a break of 2 min.
5 min.	Cool-down	Calming down the pulse, stretching, mobilization

## Cool-down



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