

blackPack Workout 2

Training equipment



Training mat
blackPack (bP)

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. bP Clean
2. bP Front Squat
3. Push-Ups
4. Plank with Outward Pull


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, 5 reps each, continue for 15 min., as many rounds as possible	After doing 5 reps of one exercise change to next exercise. After completing exercise 4 start from beginning. Keep breaks short!
10 min.	Cool-down	Calming down the pulse, stretching, mobilization

Cool-down



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